



The Confident Patient:

A Doctor Discussion Guide About Primary Biliary Cholangitis

Understanding your condition

- What is my specific diagnosis?
- Based on my latest biopsy or imaging, how severe is my current liver damage?
- Are there specific supplements or diet changes that will help my liver function better?

Relieving symptoms

- Is there anything we can do to specifically help symptoms like intense itching and fatigue?
- What time of day is best to take my medicine to avoid daytime grogginess?
- Do you recommend any dietary changes?
- Are there any supplements I should take?
- What types of exercise are safe for me if I am at risk for bone weakness?

Exploring treatment options

- How do we decide whether it's time to change my current treatment?
- If we switch treatments, what is the expected timeline for assessing how effective it is?
- What are the pros and cons of each treatment approach?

Looking ahead

- Will my current treatment slow disease progression?
- How do you advise patients like me to address the mental health impact of PBC?
- How will you monitor for a risk of developing severe scarring (cirrhosis)?
- What complications, like portal hypertension, am I at risk for, and how can I prevent them?

Symptom check-in

- Extreme tiredness
- Itchy skin (pruritus)
- Dry mouth or eyes
- Mental fatigue or "brain fog"
- Muscle weakness or lack of motivation
- Mood swings, anxiety, or depression

Notes: