

	PRIMARY BILIARY CHOLANGITIS (PBC)	
	Empowering your discussion with the doctor	
Canadian PBC Society	PBC Fact Sheet	(01-06-26)

PREPARE FOR YOUR APPOINTMENT

1. **Prepare questions in advance**

Write down your concerns, symptoms, and questions before your appointment. This ensures you don't forget important points.

2. **Bring a support person**

Consider bringing a family member or friend to help take notes and provide emotional support.

EDUCATE YOURSELF

3. **Understand your condition**

Learn the basics of PBC, causes, symptoms and treatments

4. **Track your symptoms and lab results**

Keep a journal to track your fatigue, itching, or other symptoms, and note any changes in your blood tests (e.g., ALP, bilirubin).

5. **Know your rights**

You can ask for second opinions or referrals to specialists (e.g., hepatologists).

COMMUNICATE WITH YOUR SPECIALIST

6. **Clarify your treatment goals**

Decide what matters most to you e.g. symptom relief, slowing disease progression, or improving quality of life, and share these priorities with your doctor.

7. **Ask about all your options**

Discuss medications (like ursodeoxycholic acid or second-line therapies), lifestyle changes, and clinical trials.

8. **Request plain language explanations**

If something is unclear, ask your doctor to explain in simple terms or provide written resources.

Tools to Support You

- **PBC Empower Wellness program App** – Release date: March 2026
- **Symptom Tracker Apps** to track your daily health and symptoms
- **Medication Checklist** to monitor adherence and side effects
- **Appointment Planner** with space for questions and notes
- **Educational Resources** from credible sources visit our website: www.pbc-society.ca
- **Support Groups** make connections online or in person- contact us: info@pbc-society.ca