1) Describe your itching in detail.

2) Is there a rash associated with your itching?  
   Yes  No

3) If yes, when did the rash appear?  
   Before itching  After itching

4) Do you have any of these other possible symptoms of ICP?  
   (these symptoms affect a minority of patients)
   - Pale (clay colored) stool
   - Loss of appetite/nausea
   - Dark urine despite adequate hydration
   - RUQ pain
   - Jaundice

5) Does your itching disturb your sleep?  
   Yes  No

6) What, if anything, have you done to relieve itching symptoms? Did these methods help?

Blood Tests to request from your Healthcare provider:
1) Bile acids (retest if negative and remain itchy)
2) Liver functions

Questions to ask your Healthcare provider:
1) Will you prescribe Ursodeoxycholic acid (UDCA) if I am positive for ICP?
2) When will I deliver my baby if I am positive for ICP?
3) What can I do to help relieve itching?
4) Can I have a consult with a Maternal Fetal Medicine specialist if I am positive for ICP?