

Patient Information

## Gastroenterology

# Inflammatory Bowel Disease (IBD) Service

You have been diagnosed with Inflammatory Bowel Disease (IBD), either Crohn's Disease or Ulcerative Colitis. The Gastroenterology Department within the hospital specialises in the care and management of patients with IBD.

This leaflet will introduce you to the outpatient IBD advice service and nursing support available to patients with IBD.

## IBD Nurses

If you have any questions regarding your IBD then you can contact the IBD nurses either by telephone or email.

The advice line is an answer machine service which is triaged Monday to Friday between 9am – 3.30pm. You must leave a message with your name, phone number and hospital number if you have it and a brief message in order for priority to be given. The email address is triaged within the same time period. We aim to get back to you within 48 hours.

IBD Advice line 024 7696 6075

Email: [InflammatoryBowelDiseaseAdvice@uhcw.nhs.uk](mailto:InflammatoryBowelDiseaseAdvice@uhcw.nhs.uk)



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For advice outside of these times or urgent matters, contact either your GP, Walk in Centre, or A&E as appropriate.

### **When to make contact with the IBD nurses;**

- For advice on flare symptoms of IBD
- For advice on IBD treatment
- For prescriptions of IBD medication prescribed by the hospital and not your GP. You are advised when starting your medications to allow us 2 weeks to organise any repeat prescriptions. You must ensure that your blood tests are up to date before requesting your repeat prescription.
- To request further blood forms for monitoring & some IBD test results.
- If we have advised you to call following a change in treatment or appointment.
- If you have any signs of infection and/or are on antibiotics and you are taking immuno-suppression medications for your IBD such as Thiopurines or Biologics.

### **Useful information:**

#### **Crohn's and Colitis UK (CCUK)**

Information service for Crohn's & Colitis Support including emotional support.

0300 222 5700

Mon- Fri 09:00 – 17:00 (office hours)

[www.crohnsandcolitis.org.uk/support](http://www.crohnsandcolitis.org.uk/support)

Alternatively email: [helpline@crohnsandcolitis.org.uk](mailto:helpline@crohnsandcolitis.org.uk)

#### **Covid 19 and Vaccinations**

You must not receive any live vaccinations if you are on immunosuppressant medications including Thiopurines and Biologics.

Please ask your GP or practice nurse that is offering you any vaccines to check if the vaccination is live. We recommend patients to have the Flu

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vaccine and Covid vaccine regardless of treatment if appropriate. These vaccinations are not 'live'.

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/covid-19-in-people-with-crohns-or-colitis>

### **Travelling abroad with IBD medication**

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/travelling-with-crohns-or-colitis>

<https://www.ibdpassport.com>

### **Reproductive health and Pregnancy:**

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/reproductive-health-and-fertility>

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/pregnancy-and-breastfeeding>

### **Smoking**

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/smoking>

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

### **Mental health**

<https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/mental-health-and-wellbeing>

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To make contact with your consultant's secretary, please call the main hospital switchboard on 02476964000 and ask to be connected to your consultants secretary. Alternatively, you can find the secretaries contact number at the top of most clinical letters that your receive.

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 024 7696 6075 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:  
[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

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