

Patient Guide to Inflammatory Bowel Disease (IBD) Health

Know Your Body's Signals and Stay Healthy

IBD Flare Identification Tool

Crohn's and Ulcerative Colitis

Stop & Call*
(see below)

- On-going abdominal (belly) pain (cramping or distention; activity level severely affected)
- First sight of blood in bowel movements (report number of bloody bowel movements per day and amount of blood)
- Diarrhea/increased bowel movements (three or more per day) (report number per day and consistency)
- Nausea/vomiting (not virus related or caused by recent contact with an ill person)
- Fever with unknown source
- Joint pain (not associated with overuse or trauma)
- Change in appetite or fatigue lasting longer than two days
- Skin changes (rash or open draining sore anywhere on your body)

Any one or a combination of the above symptoms are signs that you may be in a flare.

Slow Down and Monitor

- Occasional mild cramping or abdominal (belly) pain (activity level mildly affected)
- A mild increase in stool frequency over 1-2 days
- Pattern of waking up at night to have a bowel movement
- An increase in urgency to have bowel movement
- Change in appetite or energy lasting 1-2 days
- Increase in stress levels

Great Job Keep Going!

- Taking your medicines as ordered by your doctor
- Keeping your stress level down (yoga, deep breathing, attending support groups, staying social, getting enough sleep, listening to music and exercising regularly)
- Going to your follow-up doctor's visit
- Refilling your medicines before they run out
- Look before you flush and check for blood or mucus in bowel movement or on toilet paper
- Keeping a healthy diet by avoiding trigger foods
- Getting your routine IBD blood tests
- Early communication with parents and doctors when flare symptoms start
- Knowing the location of your disease in your GI/digestive track

Note: The above information is to be used as a patient education guide only. We encourage you to call your MD/GI office if you have any questions or concerns.

*Enter your MD phone number here: _____