

Laboratory Tests and Medical Tests

What You Should Expect From Us

- A complete initial evaluation
- On-going monitoring of your response to treatment
- A complete explanation of your test results

What We Expect from You

- Understand why tests are being done
- Have blood work and other test completed when requested
- Keep follow-up appointments
- Ask questions

Why This is Important

Testing is important in order to help understand what parts of your body are affected, and how to treat you. We also do testing to see if your treatment is working, if you are having a flare of your disease and to watch for side effects of -any medications you may be taking.

It is important to discuss laboratory results with your doctor. Laboratory tests are tools helpful in evaluating your health status. It is important to realize that laboratory results may be outside of the so-called “normal range” for many reasons. These variations may be due to many factors including race, dietetic preference, age, sex, menstrual cycle, degree of physical activity, problems with collection and/or handling of the specimen, non-prescription drugs (aspirin, cold medications, vitamins, etc.), prescription drugs, alcohol intake and a number of other non-illness related factors. Any unusual or abnormal results should be discussed with your physician. It is not possible to diagnose or treat any disease or problem with a blood test alone. It can, however, help you to learn more about your body and detect potential problems in early stages of treatment or changes in personal habits that may be most effective.

The lab, sets the normal results range for a particular test so that 95% of healthy patients fall within the normal range. That means that 5% of healthy patients fall outside of the normal range, even when there is nothing wrong with them. Thus, an abnormal test does not necessarily mean that there is something wrong . Statistically, if you have 20 or 30 individual tests run as part of a panel, chances are 1 or 2 will be slightly outside the normal range. Part of what you see your doctor for is to interpret whether or not these results are significant. **[don't know if this is too much info]**

Some of the Tests That You May Have Include:

Blood Work: Blood Tests are done on a regular basis to keep track of your disease activity and to monitor the effects of your medications. Some common blood tests include:

- Complete blood cell count (CBC) to evaluate for anemia (low red blood cell count), signs of infection, or potential side effects of medications.
- Liver enzymes (AST and ALT) to evaluate for potential side effects of medications or complications of IBD
- Erythrocyte sedimentation rate (ESR) and/or C-reactive protein (CRP) to evaluate for inflammation
- Drug level monitoring and antibody status.

various causes

Stool Studies: When having symptoms of a flare, stool (bowel movement) studies may be done to check for infections or inflammation (i.e. calprotectin).

Radiology Tests

X-Rays: Used to detect blockages of the small or large intestine. No preparation to have this test is required.

CAT Scan (CT Scan): Takes simultaneous X-rays from several different angles to reconstruct a realistic image. It can show how much of the colon is inflamed. This test takes approximately 5-15 minutes to complete. It may require a special contrast material (oral, rectal or intravenously)

MR Enterography (MRE): Special type of MRI performed with a contrast material to produce detailed images of the small intestine. An intravenous contrast may be used.

Small Bowel follow-through (SEFT) / Small Bowel Series (SBS): A series of x-rays taken every 15-30 minutes. This test uses a barium contrast that your child will need to drink prior to the test. This test may take a half day or so to complete.

Upper Gastrointestinal Series (UGI): Radiologic exam of the upper and middle sections of the GI tract. This test uses a barium contrast that your child will need to drink prior to the test.

Medical Tests

Esophagogastroduodenoscopy (EGD): A test done to examine the lining of the esophagus, stomach, and duodenum (first part of the small intestine). The exam is done with a flexible tube called scope, which has a light and a camera on the end. The doctor will look for redness, swelling, bleeding, ulcers or infections. The doctor will collect small tissue samples called biopsies to be looked at under a microscope.

Colonoscopy: This test is done to examine the entire colon (large intestine). A flexible tube (scope) with a light and a camera on the end will be used for the test. The doctor will look for redness, swelling, bleeding ulcers, or infections of the bowel wall. He/She will collect small samples (biopsies) to be looked at under a microscope.

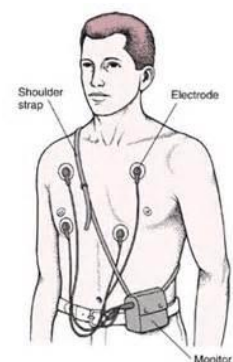
It is normal to feel nervous about the EGD and colonoscopy. If you have further questions, please call your doctor. These are both very important tools to help diagnose and monitor the disease as needed. The procedures are done under anesthesia so that you will generally not feel anything or remember the procedure. The goal is to gain a better understanding of your disease as safely and comfortable as possible.

Here are some helpful hints about what to expect before and after an EGD and/or colonoscopy.

- You will be asked to not eat or drink for several hours before the procedures. You may be asked to stay away from red and purple liquids and certain medications such as aspirin and ibuprofen (ex. Advil, Motrin, etc.)
- On the day before the colonoscopy, you will be asked to undergo a “cleanout”. The medications used for this may vary. You must clean out the colon by sticking to a strict diet for at least the day prior to the procedure. You will also be given medications to take to help with the cleanout process. This will all be explained to you and it is very important to complete the cleanout in order to ensure a successful procedure.
- Most procedures are same-day, meaning that after you wake up from the sedation/anesthesia, you can go home.
- Although most patients have no problems after these procedures, you may have some bloating, abdominal cramping or pain, nausea, sore throat, or some blood in your bowel movements. If you have continued blood in your bowel movements, worsening abdominal pain, high fevers, or vomiting, you should contact your doctor or the on-call GI team.

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Video Capsule Endoscopy (VCE) or PillCam®: A capsule endoscopy, also known as PillCam, is a test done to look at the esophagus, stomach and small intestine. The procedure involves



swallowing a capsule the size of a large vitamin pill. The capsule has its own camera and as it travels through the intestines, pictures are sent to a recorder that you wear on your waist. About 8 hours after the capsule is swallowed, the recorder will be collected. The pictures will then be downloaded to a computer and reviewed. The PillCam is disposable and will naturally pass in a bowel movement.