

When to Call your IBD Team

What You Should Expect From Us

- Knowledge of how to identify symptoms of a flare
- Prompt response in treating your symptoms
- Answers to your questions

What We Expect from You

- Identify your symptoms of a flare
- Call at early signs of onset of symptoms
- Know what medications you are taking and the doses
- Follow treatment protocol consistently and as prescribed by your doctor

Why This is Important

Even with medical treatment, a person with IBD can experience a flare: an episode when symptoms reappear. It is important that you report your symptoms so that your doctor can provide the best treatment for you. This may help you stay well and prevent some of the complications related to IBD. Avoiding a flare is better than treating a flare. Following your treatment plan as directed can help control your symptoms and help to avoid a flare.

If you call us for urgent matters, we will contact you within the day. For non-urgent matters, we will contact you within 1-2 days. If you need a refill on your prescriptions, please allow 1-2 days for this to be completed.

Refer to our IBD Flare Tool on the next page.

GI Care for Kids

Inflammatory Bowel Disease (IBD) Health

Know your body's signals and stay healthy by using this **Flare Intervention Tool**

IBD Flare Intervention Tool

Stop & Call*

(see below)

- On-going abdominal (belly) pain (cramping or distention; activity level severely affected)
- Persistent blood in bowel movements more than 1-2 days (report # of bloody stools per day and amount of blood)
- Diarrhea/increased bowel movements (3+/day) (report number per day and consistency)
- Nausea/Vomiting (Not virus related or caused by recent contact with an ill person)
- Fever with an unknown source
- Symptoms that impair normal functioning (missing school, after school activities, unable to function socially, etc)

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

Slow Down & Monitor

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

Great Job! Keep Going!!

- Taking your medication as ordered by your doctor
- Keeping your stress level down (yoga, deep breathing, attending support groups, staying social, getting enough sleep, exercising)
- Going to your follow-up doctor's visit
- Refilling your medication before it runs out
- Check for blood or mucus in bowel movement or on toilet paper before you flush
- Keeping a healthy diet by avoiding trigger foods
- Getting your routine IBD blood tests
- Early communication with parents/MD when flare symptoms start
- Know the location of your disease in your GI tract

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

*GI Care for Kids: 404-257-0799 or 1-888-713-9386