

# RUH Inflammatory Bowel Disease Service

Welcome to our Inflammatory Bowel Disease (IBD) service which you may need to access after a diagnosis of ulcerative colitis or Crohn's disease (also known as IBD).

## How to contact us:

IBD Nurses Telephone	<b>01225 825598</b>
Email	<b>ruh-tr.ibd@nhs.net</b>
Outpatient appointment line	<b>01225 824601</b>
Endoscopy Appointments	<b>01225 821412</b>

RUH switchboard **01225 428331**

*Please ask for your named consultant's secretary.*

## The IBD Team and their roles

### The IBD Nurse Specialists

We have four specialist nurses who provide information, advice and support for you; they may also see you in clinic. They can be contacted on the number/email address above.

The advice line is an answer machine service, please leave your details clearly and concisely and we will attempt to return your call within 24hours. The service is not available at weekends and over bank holidays.

Their service includes: providing advice during a flare up of your disease, assessing and prescribing treatment for you, looking at lifestyle issues, monitoring blood results, arranging rapid access outpatient clinic appointments, providing advice to inpatients, and undertaking research, audit and education.

## **Gastroenterologists**

Gastroenterology doctors specialise in intestinal disorders such as IBD and are responsible for making decisions with you about your care and appropriate treatment options for you. You will be assigned to one of the gastroenterology consultant.

Other members of the IBD team include Surgeons, Dieticians, Endoscopy staff, Pharmacists, staff on the specialist Gastroenterology Ward (Haygarth Ward).

## **Role of the General Practitioner (GP) in your care**

Your GP is responsible for co-ordinating your IBD care and accessing specialist advice from gastroenterologists. Your GP is kept informed of your care by the IBD team; they are sent a letter after a clinic appointment or stay in hospital. This letter will contain changes in treatment, investigations we have requested or carried out, and details of monitoring that they may be involved in. We will also send you a copy of this letter for your information. Your GP is responsible for prescribing your medications (with a few exceptions).

## **What to do when you are experiencing a flare**

IBD typically goes through periods of remission (when you feel well) and relapses or flare ups (when symptoms return). Flare symptoms can include; increased frequency in bowel actions, diarrhoea/loose stools - sometimes with blood or mucus.

Many people over time will have an understanding of their own flare strategy, however if you are symptomatic and concerned you should contact the IBD Specialist Nurses.

If you require medical attention out of hours you should call your GP emergency service.

## **Outpatients Appointments**

Regular outpatient appointments are provided for review of your disease, these are either with a doctor or the specialist nurse. It is important that you let us know if you cannot attend your appointment by ringing the appointment line on 01225 824601.

## **Further Information**

Crohns and Colitis UK (formerly NACC) is a national charity which offers patient support including information leaflets and a support line.

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

Information Line: 0845 130 2233

Support line: 0845 130 3344