

Patient information

Inflammatory Bowel disease (IBD) Service

What is Inflammatory Bowel Disease?

Inflammatory Bowel Disease (IBD) can cause ulceration and inflammation in the colon (Ulcerative Colitis) or any part of the digestive system including the colon (Crohn's).

Crohn's Disease and Ulcerative Colitis are chronic (ongoing and life-long) conditions in which symptoms vary from person to person and will range from mild to severe.

Symptoms may also change over time, with periods of good health when you have few or no symptoms (remission) alternating with times when your symptoms are more active (relapses or 'flare-ups').

Who will be responsible for my care?

The Gastroenterology team caring for you includes your Consultant, the Inflammatory Bowel Disease Nurse Specialists and the Dieticians along with other staff within the hospital who all work together to provide a high standard of care.

What is the role of the Inflammatory Bowel Disease Nurse Specialist (IBD Nurse)?

The IBD Nurse specialists are experienced nurses who have had additional training and education in IBD. They provide invaluable support and expertise to improve patients' quality of life and give them more control over their treatment. You may be seen by an IBD Nurse when you come to clinic rather than a Consultant.

How do I contact the IBD Nurse?

You can contact the IBD nurses via the IBD advice line which is there to deal with enquiries and problems about your IBD.

**📞 The IBD Advice line telephone number is 01284 712611
You can leave a message Monday to Friday, 9.30am to 12.30pm.**

It is not meant for emergencies – these should go through your GP or A&E.

This is an answer phone so it is important to speak clearly and leave your name, Hospital number or date of birth, contact telephone number and a brief summary of the problem. The answer phone is checked regularly and we will try and call you back within 48 hours (ie two working days).

If you develop a worsening of symptoms during the night or weekends or when the IBD Advice Line is not available, it is important to contact your GP or attend A&E if it is an emergency.

Inpatient Service

Occasionally patients are admitted to hospital for management of a flare-up of their disease. If this happens one of the IBD Nurses will try and visit you during your stay to offer you advice and support.

Crohns and Colitis UK

Crohns and Colitis UK are the UK's leading charity in the battle against Crohn's Disease and Ulcerative Colitis and they have dozens of free information sheets, booklets and guides that demystify Crohn's and Colitis for anyone affected by them, including friends, family, medical professionals and even employers.

www.crohnsandcolitis.org.uk

📞 0300 222 5700

Finally, everyone is an individual and will have different needs according to their disease, symptoms and treatment. Please do not hesitate to discuss any aspect of your care here at West Suffolk Hospital with your Consultant, IBD Nurse Specialist or your GP and remember to have a look at Crohns and Colitis UK.

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