

IBD ACTION PLAN

WHAT TO DO WHEN YOU ARE NOT FEELING WELL

THESE INSTRUCTIONS ARE FOR WHEN YOU ARE **NOT** IN SEVERE DISTRESS.

IF YOU ARE HAVING A MEDICAL EMERGENCY, THEN CALL 911 or GO DIRECTLY TO THE NEAREST EMERGENCY ROOM.

1

ASSESS YOUR SYMPTOMS

- MyChart message the GI Nurses with "HAVING A FLARE" in the subject line OR Call the GI Nurse Line at 858 966 4003
- You will be given the PUCAI Questionnaire to measure your GI symptoms
- **Complete the questionnaire**



2

IF PUCAI IS 65 OR MORE



You may need to be admitted to the hospital. **Call the GI Nurse line at 858 966 4003 for further instruction**

IF PUCAI IS LESS THAN 65



Your symptoms may be able to be managed at home. **Check MyChart messages for further instructions** and whether you need additional tests.

3

HOME MANAGEMENT

- Start a dairy free diet.
- Rest and relax.
- Monitor all stools to make sure improving and not worsening.
- **Take ALL medications (DO NOT STOP)** unless told by a healthcare professional to do so.



Signs of worsening disease flare include more loose, frequent, or bloody stools; worsening pain; and fever more than 101F. **Call the nurse line for these symptoms. Fainting needs emergency evaluation.**

4

YOU MAY NEED TESTING



Your doctor may want additional stool and/or blood testing to make sure there is no infection and to check that you are safe.

Go **promptly** to the lab to get the specimen kits to get these tests done so your doctor can help you.

5

OUR GOAL



Our goal is to get you healthy as soon as possible and back to doing what you want to do.

