

# Inflammatory Bowel Disease

## Information for patients

### What is an IBD Relapse?

IBD is a chronic condition which alternates between remission (when you are symptom-free) and relapses (when symptoms return, also known as a flare).

This leaflet gives you advice on how to manage your IBD relapses and useful contacts you may need.

### How do I know if I am having an IBD relapse/flare?

- Passing stool more than 5 times in 24 hours
- Loose stools
- Blood or slime in stool for more than 3 days
- Abdominal pain

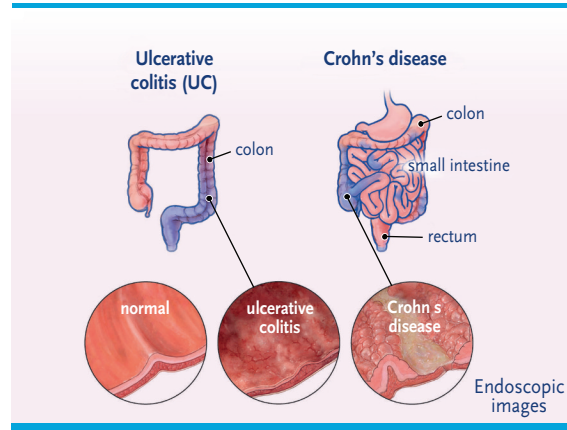
### Step 1: Bloods and stool samples

#### 1. Blood test

Have bloods taken at either your GP or the phlebotomy service at Ashford and St Peter's Hospitals - including full blood count, liver function tests, urea, electrolytes and inflammatory markers (ESR and CRP). Request the form from your GP or IBD helpline. Book a blood test online at [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

#### 2. Stool samples x3

Bring 2 stool samples to your GP surgery or the Pathology reception at Ashford and St Peter's Hospitals. One is tested for the presence of bacteria and the second to measure faecal calprotectin (a marker of gut inflammation).



### Step 2: Review your medication

#### 1. Mesalazine

**Rectal therapy:** If you have mesalazine suppositories or enemas, you may safely commence these during a relapse to help control symptoms. Take one dose at night for four weeks.

**Oral therapy:** If you suspect a relapse, increase your mesalazine from a maintenance dose to a treatment dose, depending on which brand you use (see table). The treatment dose will need to be continued for 6 weeks.

#### Mesalazine Dosing

| Brand Name                          | Maintenance dose (g) | Treatment dose (g) |
|-------------------------------------|----------------------|--------------------|
| Salofalk                            | 1.5                  | 3                  |
| Asacol MR, Octasa MR or Mezavant XL | 2.4                  | 4.8                |
| Pentasa                             | 2                    | 4                  |

#### 2. Immunosuppressant medication

These include azathioprine, mercaptopurine, methotrexate, 'mab' drugs (such as infliximab, adalimumab, ustekinumab, vedolizumab) and tofacitinib. **Do NOT increase or decrease these medications.** Get in contact with the IBD team immediately during a flare.

#### 3. Steroids

These include prednisolone, budesonide and beclomethasone. **Do not commence steroid treatment without discussing with the IBD team.**

### Step 3: Contact the IBD team

See contact information panel for telephone numbers and email addresses. Please note that this is not an emergency advice service. In an emergency, please dial 999 or go to your nearest A&E/Emergency Department.

### IBD team

#### • Consultants: IBD/Gastroenterology

Dr Sampath De Silva  
Dr Viran Gunasekera  
Dr Neil Ikin  
Dr Debabrata Majumdar  
Dr Amitabh Naik  
Dr Helena Robbins

#### • Nurse specialists: Faye Riley & Nicola Tew

• **Administration:** Anita Winter & Claire Dobson

### Useful resources

- **Crohn's & Colitis UK**  
[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)
- **Hospital website - IBD information**  
<https://www.ashfordstpeters.nhs.uk/gastroenterology>

  
**Ashford and St. Peter's Hospitals**  
NHS Foundation Trust

### Contact Information

#### IBD Advice Line

Telephone: 01932 722244  
Please see website or helpline message for current opening times

**Nurse Bleep - Flares only**  
(Monday - Friday 8.30am - 3.30pm excluding bank holidays)

Telephone: 01932 872000  
Bleep: 8748

#### Online contact form:

<https://www.ashfordstpeters.nhs.uk/gastroenterology>

#### Endoscopy Department

(Monday - Friday excluding bank holidays)

Telephone: 01932 726575

#### IBD Appointments

(Monday - Friday excluding bank holidays)

Telephone: 01932 722244 / 722229

**Gastroenterology Dietitians** available for dietary advice on Inflammatory Bowel Disease. Please request an outpatient appointment or a visit on the ward if admitted, via your IBD team.

### Patient Advice & Liaison Service (PALS)

If you have concerns or wish to give feedback about services, your care or treatment, you can contact the PALS office on **01932 723553** or email [asp-tr.patient-advice@nhs.net](mailto:asp-tr.patient-advice@nhs.net)

We value your opinion and invite you to provide us with feedback.

#### St Peter's Hospital

Guildford Road, Chertsey, Surrey, KT16 0PZ  
Telephone: 01932 872000

#### Ashford Hospital

London Road, Ashford, Surrey, TW15 3AA  
Telephone: 01784 884488



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**Speak to your clinician**

**Side effects**

If you think you have, or may have had, a side-effect to a medicine, also called an 'adverse drug reaction' (ADR) or 'adverse event' please report it to your doctor, pharmacist or nurse as soon as possible. This includes any possible side effects not listed in the package leaflet.

Reports can also be made via the Yellow Card Scheme Website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or on the Yellow Card app and to the pharmaceutical company. Reporting suspected adverse reactions is important as it allows continued monitoring of the benefit/risk balance of the medicine.