

Inflammatory Bowel Disease (IBD) service

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Inflammatory Bowel Disease (IBD) Service

Welcome to the ULHT trust-wide Inflammatory Bowel Disease (IBD) Service.

This leaflet outlines the service provision and how to access the support services you need in the management of your Ulcerative Colitis or Crohn's disease (also known as Inflammatory Bowel Disease or IBD).

Crohn's Disease (CD) and Ulcerative Colitis (UC) are the two most common forms of Inflammatory Bowel Disease (IBD) affecting approximately 620,000 people in the UK (IBD Standards, 2019). Both are lifelong, chronic conditions which follow a relapsing remitting trajectory. There is no cure for IBD, thus patients require life-long support to achieve the best quality of life possible within the constraints of their disease.

Education, working, social and family life can potentially be all disrupted by the unpredictable occurrence of relapses. The symptoms can be debilitating and a proportion of patients normalise an unnecessarily limited pattern of life.

Everyone is different with varying symptoms and responses to treatment but we are here to support you throughout.

Meet the ULHT Team

Consultant Gastroenterologists (specialist doctors)

Inflammatory Bowel Disease Nursing Team:

Lead IBD Advanced Nurse Practitioner

IBD Specialist Nurses

IBD secretaries/admin support

The nurse specialist service provides information, education, advice and support to you and your family on any aspect of your condition and includes:

- Outpatient clinic reviews (these will be with medical Consultants or specialist nurses; either face to face or via telephone/video)
- Medication counselling, initiation and monitoring
- Diet and lifestyle issues
- Flare management
- In patient support
- Transition
- Pregnancy

Homecare Pharmacy Team

Dietitian

We have dietitians who specialise in dietary and nutritional support, available at the request of the clinic doctor or IBD specialist nurse.

Endoscopy

Most patients with IBD will have already been to the Endoscopy department for a camera procedure to look into the bowel (called a flexible sigmoidoscopy or colonoscopy) before being diagnosed. It is likely that you will need further endoscopy procedures over the course of your condition. These are normally done as a day case.

Radiology

Most patients will require x-rays or scans including CT scanning and Magnetic Resonance scanning (MRI), facilities for which exist at Lincoln, Louth, Boston and Grantham. For women of reproductive age it is standard practice to ask about the possibility of pregnancy and if you feel you may be pregnant you should let the radiology department staff know.

Biologics Infusion Units

Patients with IBD sometimes need treatments called biologics, some of which are given via a drip into the vein. There are specific criteria for eligibility which will be determined by your Consultant and wider multi-disciplinary team. Patients tend to find this service very relaxed and return to their normal routine on the same day.

Colorectal Surgeons/Colorectal and Stoma Care Nurses

The management of IBD can sometimes include surgery. Only a small number of IBD patients are likely to need a stoma in their lifetime. A stoma is where the bowel is diverted out of the abdominal wall and into a bag. Stoma care nurses can give information and support before and after surgery whilst also providing education about appliances and how to care for a stoma.

What if I have a flare up of symptoms between appointments?

You can access the IBD support/advice line and email during weekdays. We will try to respond to your call within 72 working hours but it is important to remember that if

you are very unwell, or need immediate medical attention, or in an emergency outside of working hours, then please contact your GP, Out Of Hours GP Service or go to Accident and Emergency.

When contacting the IBD Support line it will go to voicemail on the majority of occasions. Please remember to leave your full name, date of birth, short message and a return contact number.

We will try and contact you up to three times. If we still cannot reach you we will send you a letter asking you to make contact with us again.

Useful Contact Details

IBD Support Line: 01522 512512 ext 582006
ibd.nurses@ulh.nhs.uk

IBD Nurses Secretary 01522 707481

Lead IBD ANP 07717 301636

Lead IBD ANP secretary 01522 573222

Biologics Infusion Suites:

Saxon Suite Lincoln: 01522 307774

PIU, Pilgrim Boston: 01205 446854

SDEC, Grantham: 01476 464888

Endoscopy departments:

Lincoln County Hospital: 01522 573849/573016

Louth: 01507 631437/631236

Pilgrim Boston: 01205 445072/446559

Grantham: 01476 464336/464085

Pathology/Blood Clinics:

Lincoln County Hospital, Clinic 7: 01522 573199

Louth: 01507 631253

Pilgrim Boston: 01205 446333

Grantham: 01476 464706

Further Support

Crohn's and Colitis UK:

www.crohnsandcolitis.org.uk

4 Beaumont House, Sutton Road, St Albans, Herts, AL1 5HH

Information Service: 0300 222 5700

Mon, Tues, Weds, Fri 9.00am to 5.00pm

Thurs 9.00am to 1.00pm or helpline@crohnsandcolitis.org.uk

Crohn's and Colitis support line: 0121 737 9931

Mon to Fri 1.00pm to 3.30pm and 6.30pm to 9.00pm

General enquires/Switchboard: 01727 830 038

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www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

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If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk