

Going home with Inflammatory Bowel Disease (IBD)

My child has been scheduled for a test after going home from hospital. Why?

All patients diagnosed with IBD will eventually have: blood tests, stool tests, a colonoscopy (“scope”) and a scan of their abdomen. Sometimes children can go home and finish the tests later, rather than waiting in the hospital.

When is my child scheduled for a follow up visit?

- Clinic visits are scheduled 2 to 4 weeks after discharge.
- If you have been home for one week and still don't know the date and time of your visit, please call our clinic at 905-521-2100 Ext 75013. You will be asked to leave a message so please slowly spell your child's first and last name.

What will happen at the follow up visit?

The doctor and/or nurse will:

- ask about your child's symptoms.
- review test results that have come back since discharge from hospital.
- recommend and discuss long-term therapy.
- answer questions, and make plans for future appointments.

How can I prepare for my child's follow up visit?

- Keep track of any symptoms since your child left the hospital.
- Review information about IBD at our website: kidsdighealth.org

What should I bring to my child's first follow up visit?

- A list of medications your child takes (the name and how much) including any vitamins, herbs or supplements.
 - You can bring the medication bottle, or a picture of the label(s)
- Vaccination records. If you do not have a copy of these records please check with your family physician or your child's pediatrician.

When should I contact the health care team?

Even after discharge from hospital it can take time for symptoms to improve and for your child to feel better. If there is no improvement at all after a few days, or if your child gets better, and then gets worse again, please contact the IBD team.

How to contact the IBD team:

- 1) Leave a message with the IBD Nurse Practitioner. Call 905-521-2100 Ext 73072. Please spell your child's name and say why you are concerned. Calls are returned Monday to Friday during the day and this may take up to 3 days.
- 2) If your child is unwell and you are worried about needing to come to the Emergency Department, you can page the on-call Pediatric Gastroenterologist at 905-521-5030.

Where can I get more information about IBD?

Before your next appointment please visit www.kidsdighealth.org. Here you will find information specific to McMaster patients as well as links to trusted resources that will help you to learn more about IBD.

There is a lot to think about with a new diagnosis, and it will take time to learn. If you have questions you can write them down and bring them with you to your visit.