



The Inflammatory Bowel Disease Team at Queen Elizabeth Hospital Birmingham

Introduction

Inflammatory bowel disease (IBD) covers two main conditions: Crohn's disease (CD) and ulcerative colitis (UC). These conditions cause inflammation and ulceration in the gut (when the gut lining becomes red and angry). Crohn's disease and ulcerative colitis are lifelong illnesses. They can be active at times (flare ups) and at other times not cause so many symptoms (in remission). For some patients it is not immediately clear whether the diagnosis is one of Crohn's disease or ulcerative colitis and in this case we use the term IBD unclassified (IBD-U).

Outpatient clinics

Most outpatient clinics are situated on Level 0, Area 2 in the Queen Elizabeth Hospital. Some clinics are held in the Centre for Rare Diseases in the Heritage Building (Old Queen Elizabeth Hospital). Your letter or text will tell you which area this is. Clinics are split into "new patient" and "follow-up". The appointments are held on one morning or afternoon on any day of the week, usually the same day each week for the consultant.

A dietitian and one of the IBD nurses will be in some of the clinics as well.

The IBD clinics are all on the list of consultants but sometimes will be with other members of the team such as a registrar. The appointments could be in a variety of ways; face to face, telephone or video. A letter and text will be sent to you to inform you of the time and type of appointment. Should you wish to alter this please contact your consultant's secretary using the numbers below.

Surgery

Some patients with IBD need surgery to get them better. We work closely with the Colorectal Surgical Department. Should you require surgery, this will be discussed with you in clinic. You will then see one of the colorectal surgeons to discuss all of your options in detail.

Inpatient care

Queen Elizabeth Hospital Birmingham has a dedicated ward for the care of patients with IBD who require inpatient treatment. This is Ward 302 which has single rooms as well as four bedded bays. These are single sex bays with an en-suite toilet and shower. Whilst you are on the ward you may be looked after by a consultant you have not met before. However, your usual consultant will be made aware of your admission and your case will be discussed at multidisciplinary meetings (see below). If you require an infusion (a drip) such as intravenous iron or a biologic drug, this will take place in the Infusion Unit which is based in East 1 B in the Heritage Building. This is a day-case unit that is run by nurses. You will only see a doctor if it is required, such as if you are unwell. Hot and cold drinks and cold snacks are available.

The telephone number for the Infusion Unit is **0121 371 8570 or 8629 or 8626**.

Medication

There are numerous medicines used to treat IBD. We will advise different medicines according to where the inflammation is in your gut and how severe it is.

If a medication has been started in clinic, your prescription is electronically sent to QEHB Pharmacy situated on the Outpatient Corridor, Area 1, Level 0. Prescriptions from clinic must be dispensed from the hospital pharmacy, which is open Monday to Friday 08:30– 18:00 (excluding bank holidays).

Most treatments used in IBD are used as long-term treatments (with the exception of budesonide and prednisolone types of steroid). Your hospital doctor will let your GP know which medication you have been prescribed.

It is your responsibility to contact your GP to have your medications continued, once your hospital prescription runs out. If there are maintenance medications for your IBD that your GP is not willing to prescribe (e.g. azathioprine/mercaptopurine) the IBD nurse specialists can arrange this for you (please note they need at least three working days to organise this for you).

The IBD Team

The Inflammatory Bowel Disease Team is part of the Gastroenterology Department and consists of the following:

- Consultant Gastroenterologists
- Consultant Colorectal Surgeons and their nurse specialists
- Inflammatory Bowel Disease Nurse Specialists,
- Dietitians, pharmacists and radiologists (X-ray doctors)

The Inflammatory Bowel Team work together to provide high quality care. We participate in the National IBD Audit, as well as both local and national research into IBD.

IBD Multidisciplinary Team

We have a weekly IBD Multidisciplinary Team (MDT) meeting attended by representatives of the IBD team. Here, we will review your case if a marked change in your treatment is needed. For example, surgery or major changes to your medicines. You will be informed of any recommendations made at this meeting.

Research

Queen Elizabeth Hospital Birmingham works closely with the University of Birmingham. We have an active research program and we actively recruit patients into trials. Should a trial be suitable for you, we will discuss this with you in clinic to see if you would like further information. Should you decide not to take part in a trial, this will not affect your ongoing care.

What is an IBD Clinical Nurse Specialist (CNS)?

The IBD Clinical Nurse Specialists are highly trained nurses who have a lot of experience and training in looking after people with IBD. They work closely with the Consultant Gastroenterologists.

These nurse specialists will help you learn about IBD, explaining treatment options, blood tests and prescriptions. They also offer a point of contact in case you have any concerns or problems related to your disease (see below).

Clinics are run at the same time by the nurse specialists as your specialist doctor. You may sometimes see the IBD nurse instead of the doctor. If any changes in your care are required they will be discussed with you and your doctor when you are in clinic.

The nurse specialists can start new IBD medications and prescribe ongoing IBD treatment for you.

What if you need extra support between clinic appointments?

If you have any questions or problems with your IBD, there is a dedicated helpline number and email address available to all our IBD patients. The nurse specialists will be able to offer advice, arrange blood and stool tests for you.

This Advice Line number is not an emergency number as calls may not be returned for over 24 hours. In the case of an emergency you should contact your GP or the emergency services.

When telephoning or emailing, please leave your full name, hospital number (this number is on any correspondence to you from QEHB) and/or date of birth, your telephone number and a short message explaining your concern. Messages are reviewed by a nurse and calls about flare ups are prioritised. Based on this your call will be returned as soon as possible (Monday to Friday 08:00–16:00).

IBD Advice Line: **0121 371 5905 (Voicemail)**

The IBD email: IBDadvice@uhb.nhs.uk

myhealth@UHB enables you to view your test results and letters securely online. A further leaflet is available detailing this service or for more information, go to www.myhealth.uhb.nhs.uk

The IBD Secretary can be contacted if there is a query about appointments using the IBD Advice Line or directly on: **0121 371 5359**



What if I want to get another specialist's opinion on my IBD?

At any stage you can get the opinion of another specialist regarding your condition. If you wish to have a second opinion please ask your GP who can make a referral for you.

Your feedback

The Inflammatory Bowel Disease team values your feedback regarding any aspect of your care so that we can continually improve the service we offer. We believe that communication and knowledge are key in helping you understand your disease and treatment. Therefore, we welcome any questions that you have.

What should I do in an emergency?

Should you feel you require an admission as an emergency for your IBD then you can either see your GP, who can arrange for you to be admitted, they can also speak with the IBD team. The other alternative is to attend your local Emergency Department (A&E) who will then refer you to the appropriate specialty i.e. medicine or surgery (depending on your precise problem). This will usually trigger an inpatient review by the Gastroenterology team (although not necessarily your usual consultant). If you need to do either of these things then please leave a message on the IBD Advice Line so the IBD nurses can update your consultant and will be able to come and see you.

Department address and contact information:

Queen Elizabeth Hospital Birmingham IBD Advice Line:

Tel: 0121 371 5905

Email: IBDadvice@uhb.nhs.uk

Crohn's and Colitis UK have many information leaflets about Inflammatory Bowel Disease. There are also support forums here
Tel: 0845 130 2233
Website: www.crohnsandcolitis.org.uk

Endoscopy Department reception

Tel: 0121 371 3841

Endoscopy Department booking office

Tel: 0121 371 8692

Colorectal nurse specialists direct line

Tel: 0121 371 4501

Ward 302:

Tel: 0121 371 3275 or 3021

Medical Secretaries

To contact the medical secretaries please ring the switchboard on 0121 371 2000 or 0121 627 2000 and ask to be put through to your consultant's secretary or the gastro secretaries.

Accessibility

To view this information in a different language or use the text-to-speech reader visit www.uhb.nhs.uk, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email interpreting.service@uhb.nhs.uk.



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