

Inflammatory Bowel Disease (IBD) Service

The IBD Teams

Gastroenterology Consultants Good Hope Hospital

Dr Andrew
Dr Monga
Dr Ahmed
Dr Piotrowicz
Dr Ejenavi
Dr Singh

Inflammatory Bowel Disease Nurse Specialists

Sarah Jebb
Becky Hill
Gregory Djaiz

IBD advise line

For queries or concerns relating to your condition, please contact: **0121 424 9687**

Alternatively, you can email: **ibdnurses.GHH@uhb.nhs.uk**

Please remember this is only for advice and not to be used in an emergency. A specialist Nurse will answer your call or email within 48 hours. Please ensure that you speak clearly and leave your name, date of birth, contact number and hospital number (if available).

If you contact us via email, we class this as you granting us permission to reply via email, and that you are aware that the content of the email replies may contain personal/confidential information. Our working hours are Monday to Friday 08:00–16:00 unless otherwise stated on the answer phone. Please note, we do not work bank holidays and weekends.

What is an IBD Clinical Nurse Specialists (CNS)?

An IBD CNS is a senior nurse who has specialised within inflammatory bowel disease. Their aim is to complement the existing service that is offered and to bridge the gap between the hospital and the community.

They also aim to deliver a more flexible service that is easier to access when it is required. An IBD CNS provides education to patients about their disease and the treatment that is available to them, by providing specialist advice and support.

What to do if you are unable to contact your IBD CNS

In some instances, you may not be able to make contact with your nurse specialist; this will be due to annual leave/study days or sickness. The answer phone message will inform you when the advice line is unmanned and when your calls will be returned. If your call is not urgent, then please leave a message. However, if you require urgent medical advice please visit your GP, walk in centre or A&E, if you feel this is appropriate.

When to contact your IBD CNS

If you feel you are having a flare up of your inflammatory bowel disease or you are experiencing any of the below symptoms and need to discuss these issues further, please contact your IBD CNS. Symptoms include:

- Abdominal pains/cramps
- Increased frequency going to the toilet
- Visible blood or mucus when you open your bowels
- Weight loss
- Experiencing fevers that you feel are related to your IBD
- Signs of Infection and you are taking immune suppression medications for your IBD
- Pregnancy
- Prescriptions for treatments prescribed by the hospital and not your GP for your IBD
- Blood Monitoring

What your GP can do for you

When visiting your GP due to a flare up of your Inflammatory Bowel Disease (IBD), your GP is likely to carry out blood tests and also ask you to submit stool samples. This is to check your Faecal Calprotectin level and to ensure you have no bacterial infection in your stools. If appropriate, your GP may also start you on some medication, to help reduce your symptoms.

When to attend A&E

If you are experiencing any of the following symptoms, you should attend A&E and not wait to be called back by your IBD Clinical Nurse Specialist:

- Fever
- Severe abdominal pain/cramps
- Having a moderate to severe reaction to a medication
- Passing large amounts of blood causing dizziness
- Severe vomiting

Crohn's and Colitis UK provide lots of useful information regarding inflammatory bowel disease. There is also a help line available on **0300 222 5700**.

Their opening times are Monday to Friday from 09:00–17:00 (excluding English bank holidays). Outside of these hours, an answer phone service is available. Helpline calls may be recorded or monitored for training and evaluation purposes. Crohn's & Colitis UK's policy on confidentiality is in accordance with the Data Protection Act (1998).

The Crohn's and Colitis UK helpline team are not medically trained but can provide general information about a range of subjects including: medication, symptoms, tests and diagnosis, dietary questions, employment issues, accessing welfare benefits and finding support from others with the condition.

Gastroenterology

Good Hope Hospital
Rectory Road, Sutton Coldfield
West Midlands, B75 7RR

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.