

# How Do I Take Care of Myself if I Have IBD?

## 1. Medication

- ✓ Take your medications as prescribed
- ✓ Avoid Non-Steroidal Anti-inflammatory Drugs (NSAIDs) such as Ibuprofen, Naproxen
- ✓ Consult your IBD doctor before taking any Over-the-Counter medications

## 2. Diet and Nutrition

- ✓ Eat a well-balanced diet and avoid processed foods
- ✓ Keep yourself well hydrated. Avoid sugary carbonated beverages.
- ✓ Keep a food diary, refrain from eating food which may aggravate your symptoms

## 3. Balanced Lifestyle

- ✓ Stop smoking and avoid alcohol
- ✓ Exercise, manage stress and build good social support

## 4. Get your Recommended Vaccinations

## 5. Regular Follow-ups

## When to Seek Medical Attention

Please seek medical attention if you experience severe abdominal pain, persistent diarrhoea and/or rectal bleeding.

- **Weekdays from 8.30am to 5.30pm** – contact Clinic 4B at 6357 7000 to book an appointment with your IBD doctor
- **Weekends and after office hours** – go to the Emergency Department

### Clinic 4B

TTSH Medical Centre, Level 4

### Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of  
**GASTROENTEROLOGY &  
HEPATOLOGY**

## Inflammatory Bowel Disease (IBD)

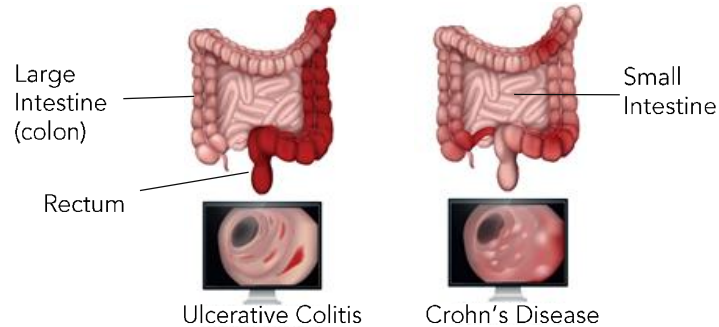




## What is Inflammatory Bowel Disease?

Inflammatory Bowel Disease (IBD) is used to describe chronic inflammation of your gastrointestinal (GI) tract. The disease causes inflammation and may lead to prolonged symptoms and complications.

### There are 2 Main Types of IBD:



#### 1. Ulcerative Colitis (UC)

- This condition affects **only your large intestine (colon) and the rectum**.
- It usually **begins at the rectum** and extends upwards through your entire colon.
- The inflammation occurs only in the **innermost layer** of your colon lining.

#### 2. Crohn's Disease (CD)

- The condition may affect **any part of your GI tract**, most commonly towards the end of your small intestine and colon.
- **Patches** of inflammation may occur between healthy areas of the gut and extend through the **entire thickness** of the intestinal lining.

## What Causes IBD?

The exact cause of IBD is unknown. Possible causes include:

- **Genetics / Family history**
- **Immune system disturbance**
- **Environmental triggers** (childhood antibiotic use, western diet, smoking (for Crohn's Disease), NSAIDs such as Ibuprofen, Naproxen.

## What are the Symptoms of IBD?

Symptoms related to inflammation of GI tract	General symptoms associated with IBD
<ul style="list-style-type: none"><li>• Persistent Diarrhoea</li><li>• Abdominal pain or cramps</li><li>• Blood / mucus in the stool</li><li>• Frequent and/or urgent bowel movements</li></ul>	<ul style="list-style-type: none"><li>• Loss of appetite</li><li>• Weight loss</li><li>• Fatigue</li><li>• Joint pain</li><li>• Skin rashes</li><li>• Sore or red eyes</li></ul>

## What are the Complications of IBD?

Ulcerative Colitis	Crohn's Disease
<ul style="list-style-type: none"><li>• A hole in the (perforated) bowel</li><li>• Toxic megacolon (abnormal widening / swelling of the colon)</li><li>• Colon Cancer</li></ul>	<ul style="list-style-type: none"><li>• A hole in the (perforated) bowel</li><li>• Stricture (narrowing of bowel)</li><li>• Abscess (collection of pus)</li><li>• Fistula (abnormal connection of the intestine)</li><li>• Malabsorption and malnutrition</li><li>• Colon Cancer</li></ul>

## What are the Treatment Options?

The main treatment for IBD are medications and surgery.

Your doctor will discuss the most suitable options with you.

### Medications for IBD Treatment

1. **5-aminosalicylic Acid (5-ASA)** (e.g. Sulfasalazine, Mesalazine): Limits the production of certain chemicals that trigger inflammation
2. **Steroids** (e.g. Prednisolone, Budesonide): Reduces inflammation & and decreases the activity in your immune system. For **short term usage only**, not recommended to be taken over a long period.
3. **Immunomodulators** (e.g. Azathioprine, Methotrexate): Suppresses the immune system and reduces inflammation
4. **Biologics** (e.g. Infliximab, Adalimumab, Vedolizumab, Ustekinumab): Man-made antibodies which target and block the immune system signals involved in inflammation
5. **JAK inhibitors** (e.g. Tofacitinib): Block multiple inflammation pathways to reduce inflammation

### Surgery for IBD Treatment

#### Surgery (e.g. Colectomy, Resection and Strictureplasty, Fistula and Abscess repair)

Surgical option is only recommended if your symptoms persist despite medications or when complications develop.