

Contact

The IBD nurse is the person you can speak to AND is specialised in your disease. They are the first point of contact for all your IBD-related questions. On the IBD service at UZ Gent, they are Goedele Dewitte and Soumaya Akhayad.

You can reach them during office hours:

- ▲ 09 332 19 14
- ▲ IBDnurse@uzgent.be

Appointments

For appointments or questions about scheduling appointments, contact:

- ▲ Endoscopy: 09 332 23 00
- ▲ Poli BAS: 09 332 95 00, polibas.afspraken@uzgent.be

Useful websites

- ▲ www.ccv-vzw.be
- ▲ www.facebook.be/groups/ibdcentrumuzgent
- ▲ www.uzgent.be/ibd-centrum



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IBD Centre

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www.uzgent.be/ibd-centrum

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IBD UNIT

WELCOME BROCHURE



IBD UNIT: WELCOME BROCHURE

You may be suffering from IBD. In this brochure you can read more about what that means exactly and how the IBD centre can help you.

What is IBD?

Inflammatory Bowel Disease (IBD) is a group of chronic inflammatory conditions in the digestive system, with a variable disease course. Crohn's disease and ulcerative colitis are the best known inflammatory bowel diseases.

The exact cause is not known, but a combination of genetic predisposition, disrupted intestinal flora and environmental factors cause the immune system to react incorrectly to the intestinal wall, resulting in chronic damage through inflammation.

These diseases cannot be cured, but with proper treatment, they can be controlled. Therefore, follow your treatment team's guidelines to live as comfortably as possible.

Tests

We do some tests to diagnose and monitor the disease:

- ▲ Medical examination
- ▲ Blood collection
- ▲ Stool sample
- ▲ Endoscopy
- ▲ Imaging

Those examinations are essential to properly assess the disease activity and determine treatment and prognosis.

Follow-up

After you got your diagnosis and start treatment, we will follow you closely by doing certain tests. These tests are performed at regular intervals, which will be determined in consultation with your doctor:

- ▲ **After initial treatment (2-4 months):** all tests
- ▲ **After 6 months:** medical examination, blood sampling, stool sample, if required endoscopy and imaging
- ▲ **After 12 months:** all tests

If you get a flare-up, we will schedule urgent tests.

Treatment

Flare-up treatment

A **mild to moderate flare-up of ulcerative colitis** is treated with 5-aminosalicylates such as mesalazine (5-ASA). This medication only works in the colon and can be taken orally, via pills or sachets, or locally, via suppositories, lavatories, etc.

A **moderate to severe flare-up of Crohn's and ulcerative colitis** is treated with corticoids (steroids): the classic or systemic form such as methylprednisolone (Medrol®) or the more locally acting form (budesonide or beclomethasone). Which one you get depends on the severity and location of your illness.

Maintenance treatment

The flare-up medication suppresses the inflammation but does not cure it permanently. Therefore, maintenance treatment may be necessary. These are usually medications that suppress the immune system. Several types are available. The doctor and you together will choose the best option for your illness.

It is very important to take the medication carefully as prescribed by the doctor. Medication, in the form of pills, an infusion or an injection, should not be stopped without medical advice.

These diseases are chronic and not curable. That is why it is important to keep your appointments. During consultations with the doctor or IBD nurse, we look at the evolution of your condition. Even if you have no symptoms, follow-up is important. This way, we know how the disease 'behaves' when it is calm and can help assess and prevent risks over time.

Questions or doubts? Have you read any other information anywhere? Discuss this with the doctor or the IBD nurse.

Contact

Consultation moments

Our team is present at various times for consultations. An overview is available below.

	Prof. Dr. De Looze	Prof. Dr. Lobaton	Dr. Geldof	Dr. Lecluyse	Dr. Holvoet	Dr. Deprez	IBD nurse
Monday	x						
Tuesday		x	x	x	x		x
Wednesday	x					x	
Thursday							
Friday		x	x		x		x