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Inflammatory bowel disease (IBD) service

Gastroenterology Department
Lincoln County Hospital

Contact numbers are contained within the leaflet
www.ulh.nhs.uk

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If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Inflammatory Bowel Disease (IBD) Service

This leaflet tells you about the Inflammatory Bowel Disease (IBD) Service and how to access the support services you need after a diagnosis of Ulcerative Colitis or Crohn's disease (also known as 'inflammatory bowel disease' or IBD).

Members of the Gastroenterology Team

Gastroenterologists specialise in conditions of the digestive system including bowel conditions such as Crohn's disease and Ulcerative Colitis.

Consultant Gastroenterologists (specialist doctors):

Dr Andreyev

Dr Babu

Dr Gupta

Dr Mandal

Dr Norman

Dr Saha

Dr Spencer

Dr Sreedharan

Inflammatory Bowel Disease Specialist Nurses:

Caroline Hayhurst - Lead IBD CNS

Debbie Pomeroy - IBD CNS

Toni Roberts – IBD Nurse

You can access the IBD advice line during weekdays but it is important to remember that if you are very unwell you should seek alternative advice via your GP or local Accident and Emergency department, as it may be more than 24 hours before your call is returned. In an emergency outside of working hours then please contact your OOH's GP Service or go to Accident and Emergency.

Further Support

Crohns and Colitis UK :

4 Beaumont House, Sutton Road, St Albans, Herts, AL1 5HH

Information Service : 0300 222 5700. (Mon, Tues, Weds, Fri 9am to 5pm and Thurs 9am to 1pm).

Crohn's and Colitis support line: 0121 737 9931 (Mon to Fri 1pm to 3.30pm and 6.30pm to 9pm).

General enquires/Switchboard : 01727 830 038

Website : www.crohnsandcolitis.org.uk

The nurse specialist provides information, advice and support to you and your family on any aspect of your condition. This advice is available both in the outpatient department and via a telephone and email advice line (IBD Support Line).

The information provided includes:

- Disease and treatment options
- Drug treatments
- Surgical options
- Pregnancy
- Diet and lifestyle issues
- Advice can be provided should you have a flare up of your disease (see page 5)
- Monitoring of patients receiving medications such as Azathioprine, Mercaptopurine and Biologics.

Dietitian

We have a dietitian who specialises in dietary and nutritional support in IBD, available at the request of the clinic doctor or IBD specialist nurse. We refer all IBD patients who have been admitted to the hospital to the dietitian.

Stoma Care Nurses

Only a small number of IBD patients are likely to need a stoma in their lifetime. A stoma is where the bowel is diverted out of the abdominal wall and into a bag. Stoma care nurses can give information and support before and after surgery whilst also providing education about appliances and how to care for a stoma. Their contact number is 01522 573776.

Endoscopy

Most patients with IBD will have already been to the Endoscopy department for a camera procedure to look into the bowel (called a flexible sigmoidoscopy or colonoscopy) before being diagnosed.

It is likely that you will need further endoscopy procedures over the course of your condition. This is normally done as a day case.

Endoscopy department Lincoln County: 01522 573045

Medical Day Unit Staff

Patients with IBD sometimes need biologics which is a type of medication given via a drip into the vein. This is normally done on the Medical Day Unit. Patients tend to find this service very relaxed and convenient. Most patients return to their normal routine on the same day.

Medical Day Unit Lincoln County Hospital: 01522 573066

IBD Nurse Out-patient clinics

Clinic times are as follows:

Monday (Clinic 2 Lincoln) - 9am to 1pm

Tuesday (Louth) - 9am to 1pm

Thursday (Clinic 1 Lincoln) - 1pm to 5pm

Friday (Clinic 1 Lincoln) - 9am to 12.30pm

Outpatients department: 01522 573251

Secretaries for Consultants:

Dr Andreyev's Secretary: 01522 707473

Dr Babu's Secretary: 01522 512512 ext 582531

Dr H Gupta's Secretary: 01522 573416

Dr A Mandal's Secretary: 01522 573222

Dr A Norman's Secretary: 01522 512512 ext 582531

Dr Saha's Secretary: 01522 573222

Dr G Spencer's Secretary: 01522 573415

Dr S Sreedharan's Secretary: 01522 573416

IBD Nurses Secretary: 01522 707481

What if I have a flare up of symptoms between appointments?

Please contact the IBD Nurse Specialists on the number below:

IBD Support Line : 01522 512 512 ext 582006 (voicemail system)
or 07717 301636

E-mail: caroline.hayhurst@ulh.nhs.uk

Office hours: 7am to 4pm Monday to Friday