



Information checklist for IBD patients

This checklist is for you. It contains prompts and reminders so you can make sure you receive all the information that you require at your next clinic appointment. You can take it with you to your appointment if it is helpful to you.

Before your appointment

<p>Have you been given a patient information pack or booklet?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No - ask for this to be provided at your next appointment</p>
<p>Have you thought of questions you would like to ask at your appointment? It may be helpful to note these down.</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>
<p>Do you have the contact details for your local support group?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No – ask at your next appointment for details of local support services</p>
<p>Do you have details of who you should contact if you have any concerns or if your condition changes?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No – ask at your next appointment who your key contact should be</p>
<p>Are you confident in recognising symptoms of a flare-up?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No – discuss at your next appointment</p>
<p>Do you know what you should do if you think you are beginning to experience a flare-up?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No – discuss at your next appointment</p>
<p>Have you had any difficulties in taking your IBD medicines?</p>	<p><input type="checkbox"/> Yes – raise any issues at your appointment</p> <p><input type="checkbox"/> No</p>



<p>Have you had any blood tests recently or been asked to hand in any stool samples in preparation for your appointment?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No – ask at your appointment whether you need to do these</p>
<p>If applicable, do you know when your next surveillance colonoscopy is due?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No – ask at your appointment about your surveillance colonoscopy date</p>

After your appointment

<p>Do you fully understand everything that was discussed at your appointment?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No – contact your consultant or nurse with any questions you have</p>
<p>Do you feel the information given to you at your appointment was relevant and answered any questions that you have?</p>	<p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No – contact your consultant or nurse with any questions you have</p>

We hope this checklist is helpful to you. To help us support more IBD patients, please give your feedback via a very quick survey at <https://www.surveymonkey.co.uk/r/VK7SZP6> .

Thank you.

My notes
