



Making Gut Decisions:

YOUR transition to Adult IBD Care

CHEO

INFLAMMATORY BOWEL
DISEASE CENTRE

CENTRE DES MALADIES
INFLAMMATOIRES DE L'INTESTIN

Let's get you ready
to take charge
of your IBD!



Hi, my name is
Corina.
Follow me as
I move from
CHEO to adult
IBD care.


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DISEASE CENTRE

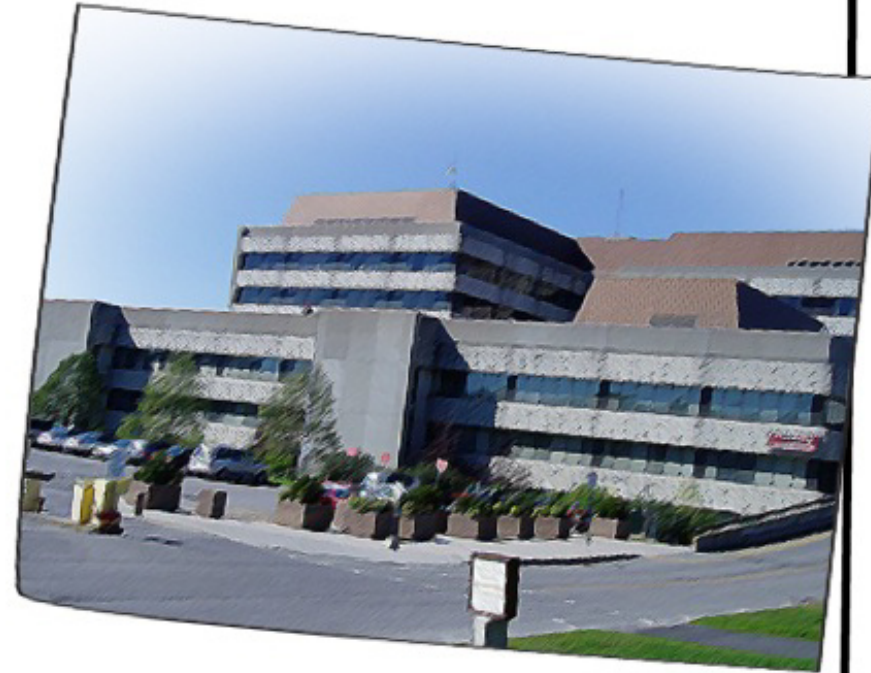
CENTRE DES MALADIES
INFLAMMATOIRES DE L'INTESTIN

WHY do I have to transition from CHEO when I turn 18?

Because your IBD is a life-long condition...and CHEO only provides care for patients under 18 years of age!



You'll need to connect with different doctors who can help you as an adult.



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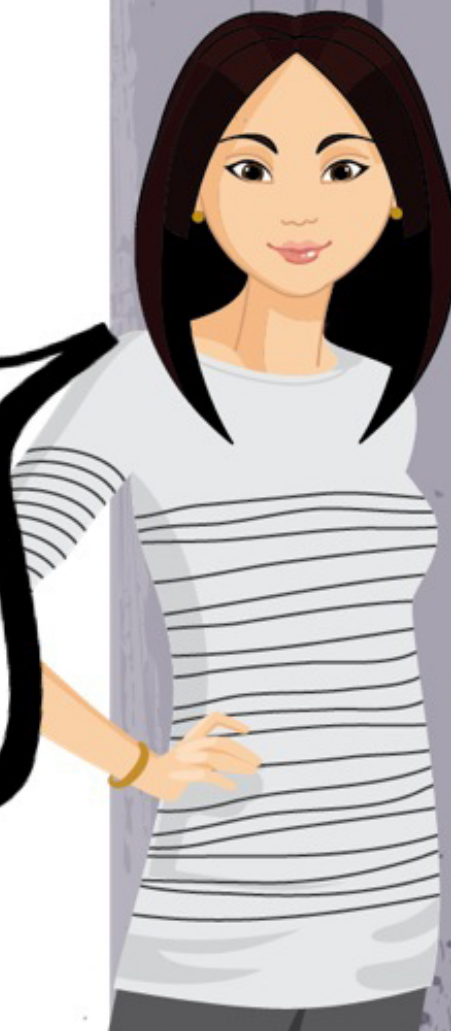
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So far, your family and your health care team at CHEO have been by your side.

When it comes to managing a complicated disease like IBD, **it's difficult to know what the right decisions are sometimes...**

*This is why it is
important to start
your transition
process...TODAY!*



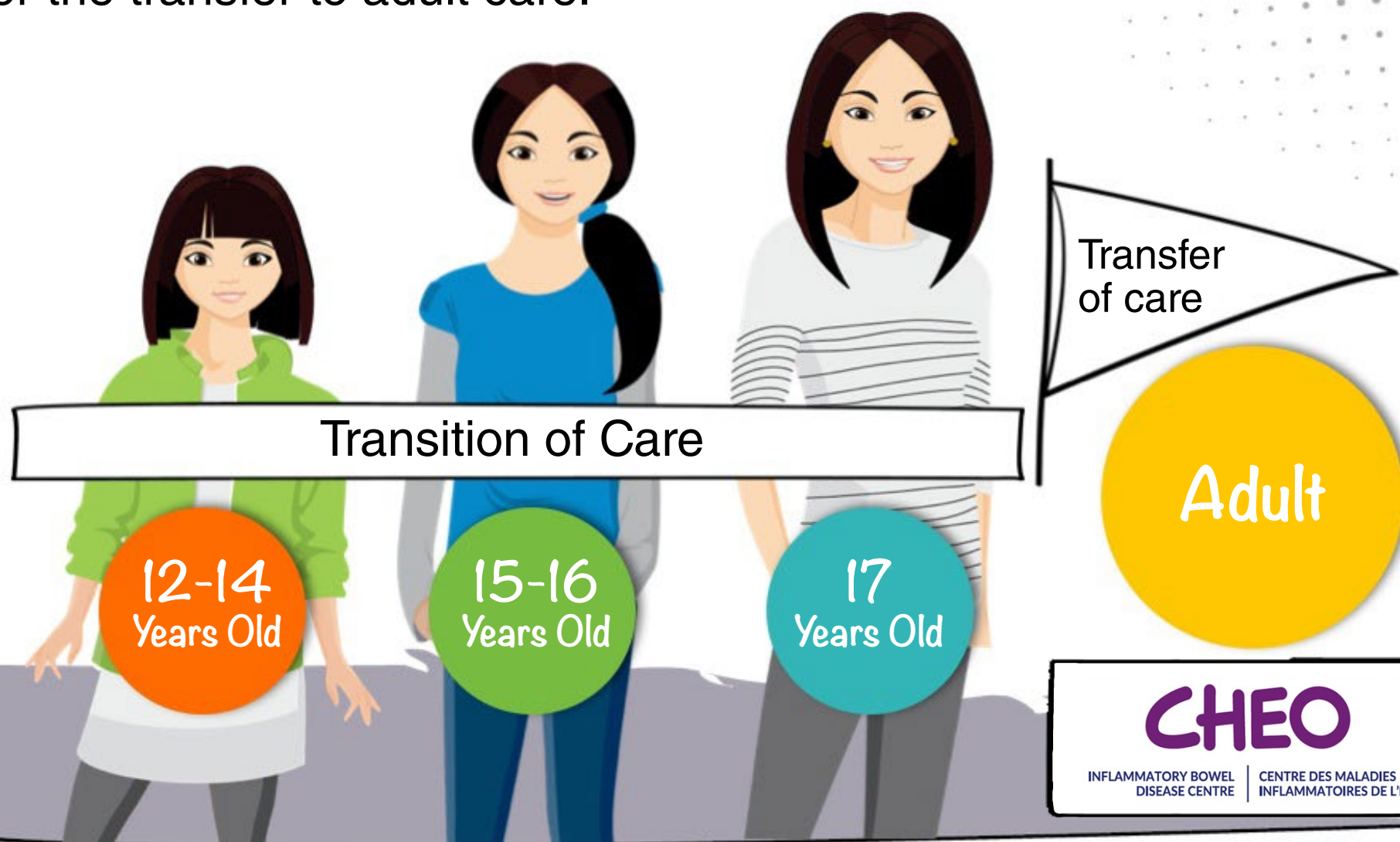
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What is 'transition' anyway?

TRANSITION is a stepping-stone process of preparing IBD patients at CHEO for the transfer to adult care.



When should I start the transition process?

This process will help you:

- Get ready to take charge of your IBD care
- Follow the road to being independent

It's never too early to start!



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What do I need to know to have a successful transition?

- Your disease and its basic nature
- The name, dose and side effects of your medications
- Your medical history
- The impact of your lifestyle choices on your health
- The impact of your disease on school, relationships, and your daily life

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We can
do better!

Adult IBD doctors have told us that **ONLY 1 out of 3 transferred patients** know their medications.

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Taking your medication is
an important part of staying
HEALTHY!

Studies show that if patients
do NOT follow their medication
plan, there is only a 40%
chance they will remain well!



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Why is a successful transition so important?

It's the key to being well!

With a well-planned transition where YOU take charge, you may have fewer:

- Flares
- Medication changes
- Tests
- Hospital admissions!



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Your IBD team wants to help you!

- Get a clearer understanding of IBD
- Start taking charge of your care
- Improve your health by reducing chances of:
 - A problem caused by your IBD
 - Your IBD becoming active again
 - A problem with your treatment

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It is never too early to take charge of your IBD care!

Start now by clicking on the group that applies to you.

12-14
Years Old

You can start on the road to New Knowledge and Responsibility

15-16
Years Old

You can work on Building Knowledge and Practicing Independence


17
Years Old

It is now time to Take Charge and be Independent

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Sure, transition is
still several years
away for you....

...but it is never too early
to start learning about
your IBD!

**New Knowledge
and
Responsibility**


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What can I start doing now?

You can start by learning more about your condition!



What type of IBD
do you have?

- Crohn's disease
- Ulcerative Colitis
- IBD-unclassified

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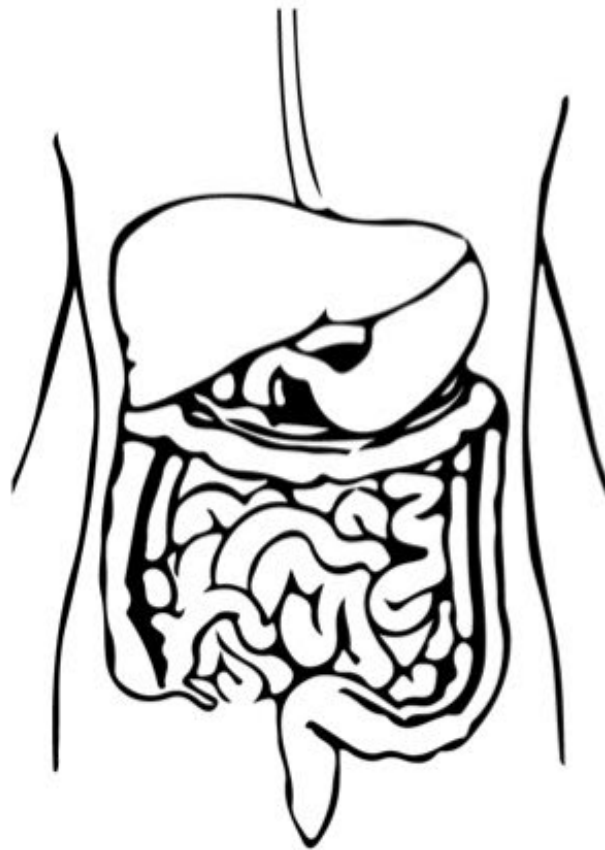
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intestinal tract is (are) involved?
Click on the names to see
where they are located!



esophagus

stomach

duodenum



jejunum (small intestine)

ileum (small intestine)

colon (large intestine)

rectum

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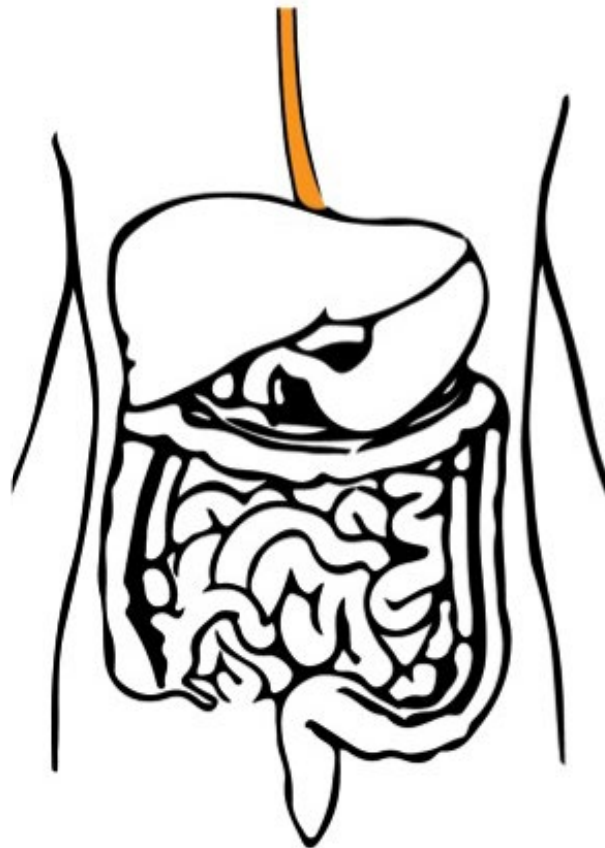
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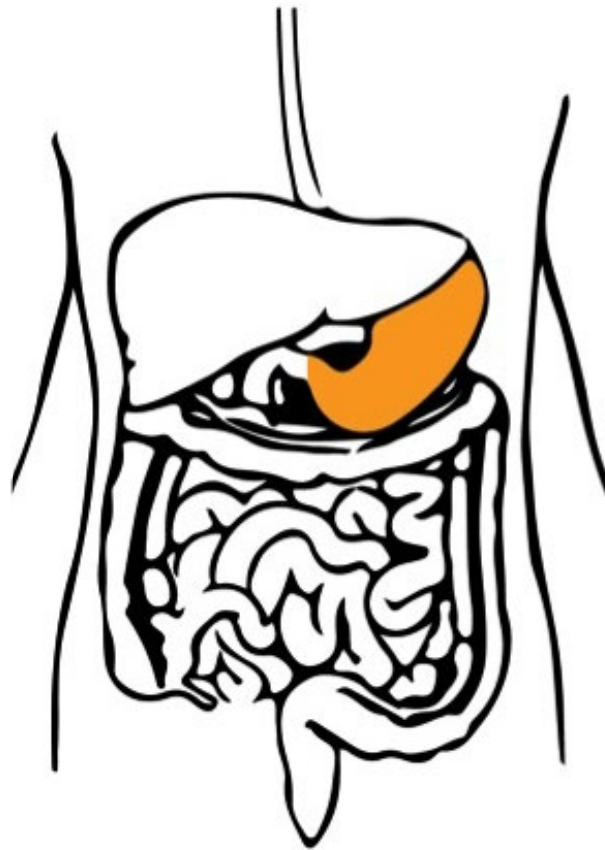
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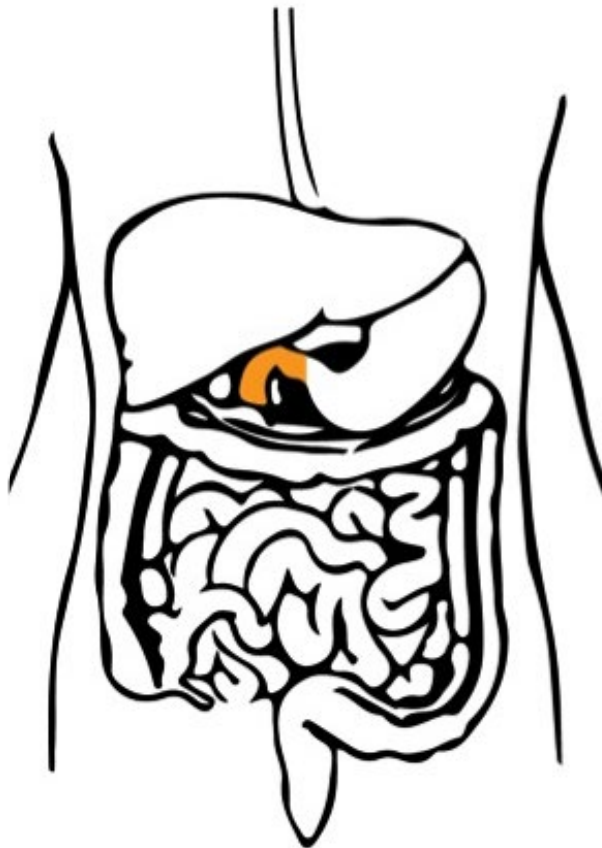
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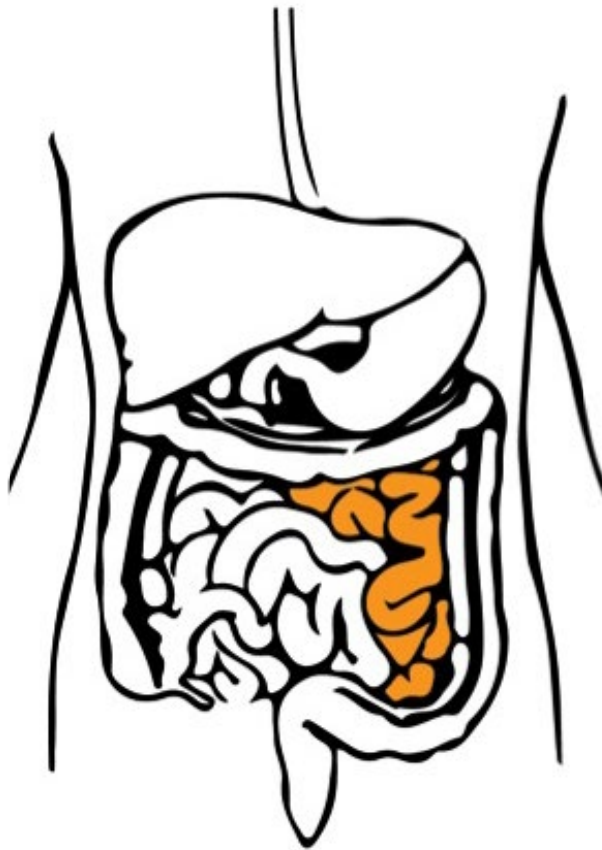
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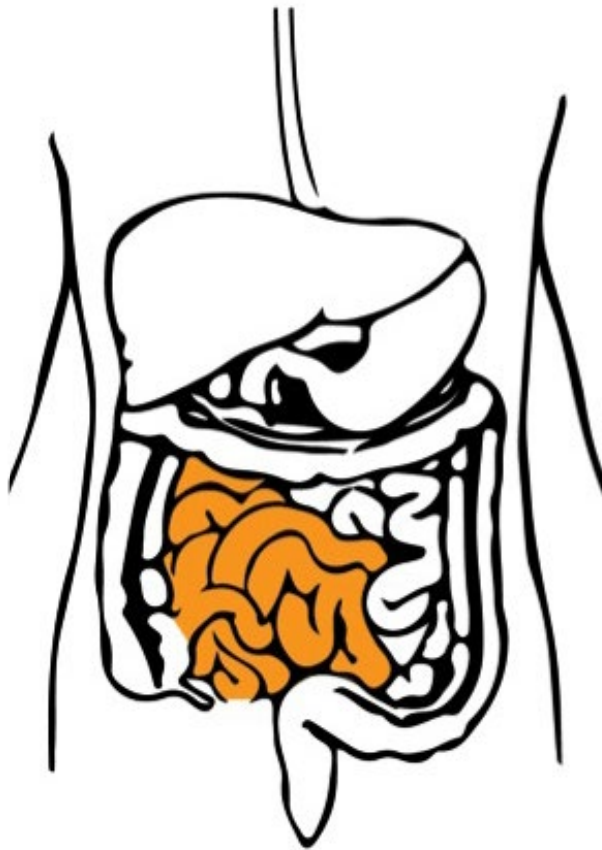
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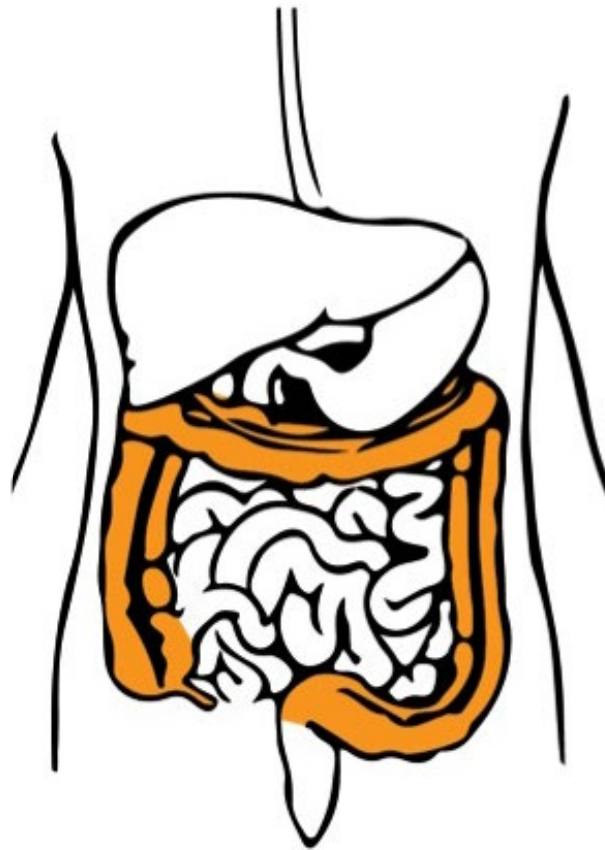
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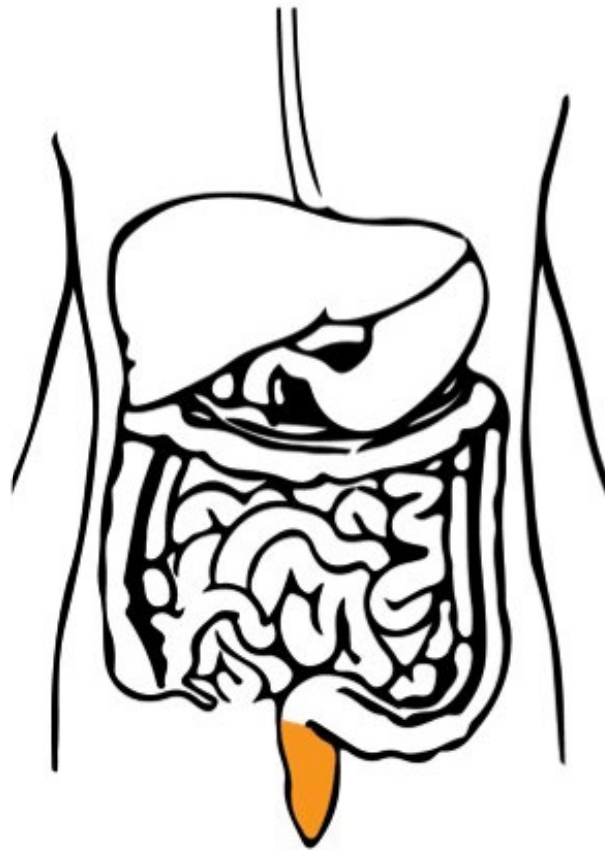
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What else should I know?

- ✓ What are the names of your medications?
- ✓ When should you take your medications?
- ✓ Why should you take acetaminophen (Tylenol®) instead of ibuprofen (Advil®) for pain?

Can you answer the following questions?



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Here are a few more things you can work on:

- Showing your doctor the diary you've made of your IBD problems
- Telling your doctor what makes you feel better or worse
- Telling your parents if your IBD is worrying you at school, playing sports, or when you're with your friends.



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New Knowledge and Responsibility

Great work!

Do you want to:

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17
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END

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INFLAMMATORY BOWEL
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How is adult IBD care **DIFFERENT** from care at **CHEO**?

**Building
Knowledge and
Practicing
Independence**

Here are a few
of the main
differences


- CHEO appointments can be longer and more frequent
- At CHEO, your care also involves your family
- A larger team of people may be involved in your care at CHEO:
 - Doctors
 - Nurses
 - Dietitians
 - Social Workers

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Let's start **BUILDING** **KNOWLEDGE**



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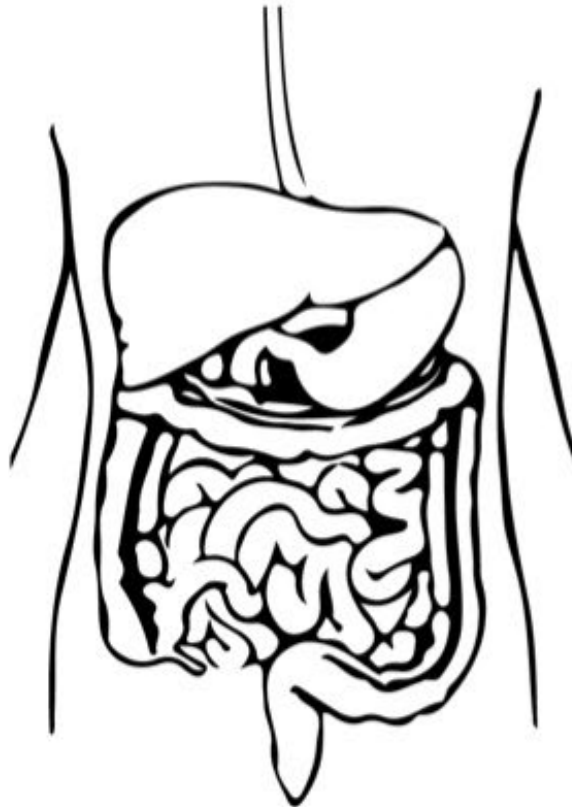
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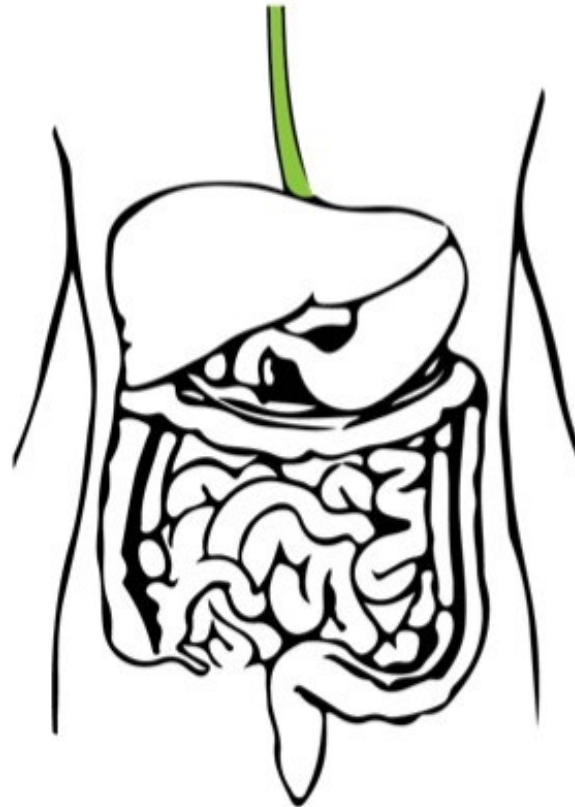
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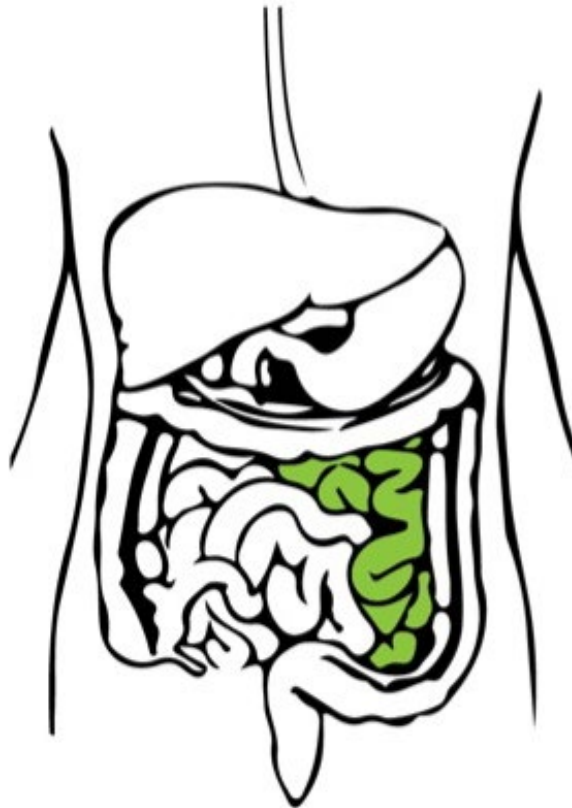
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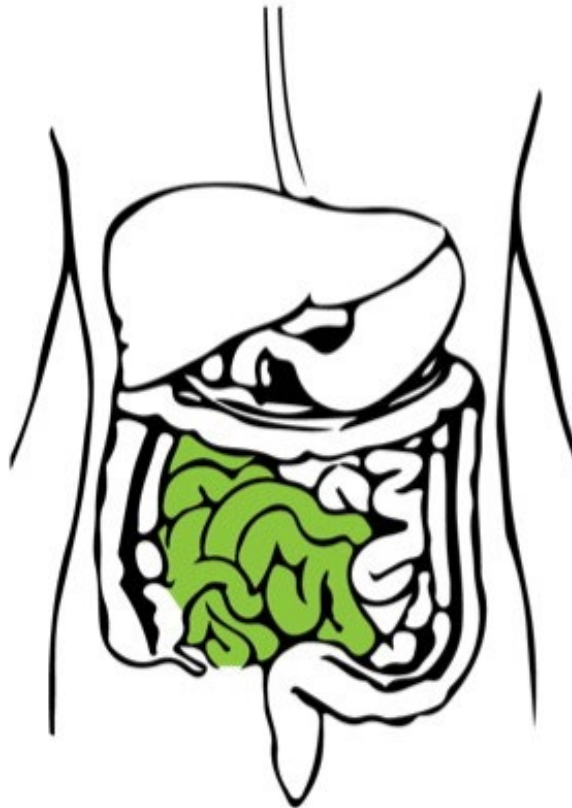
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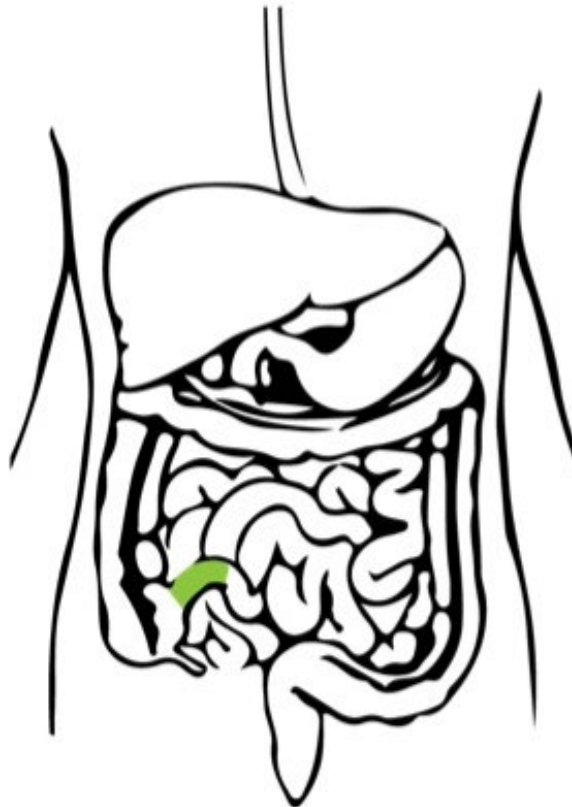
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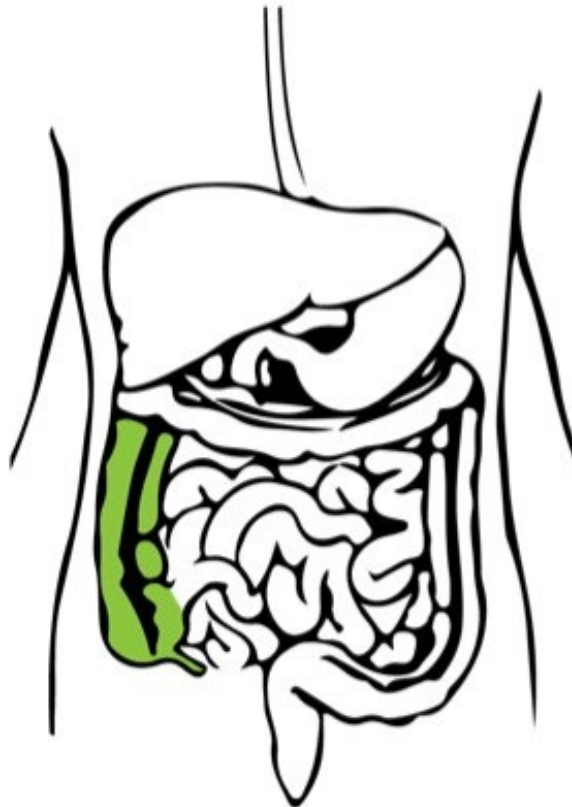
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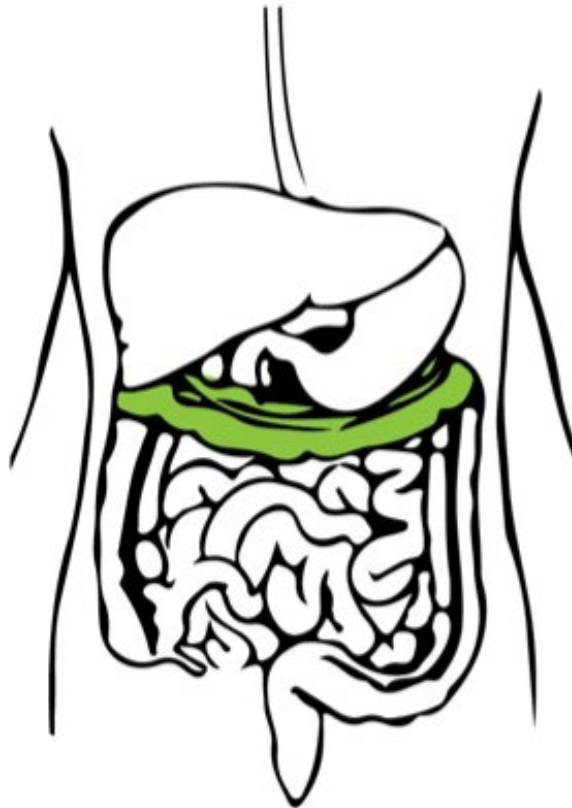
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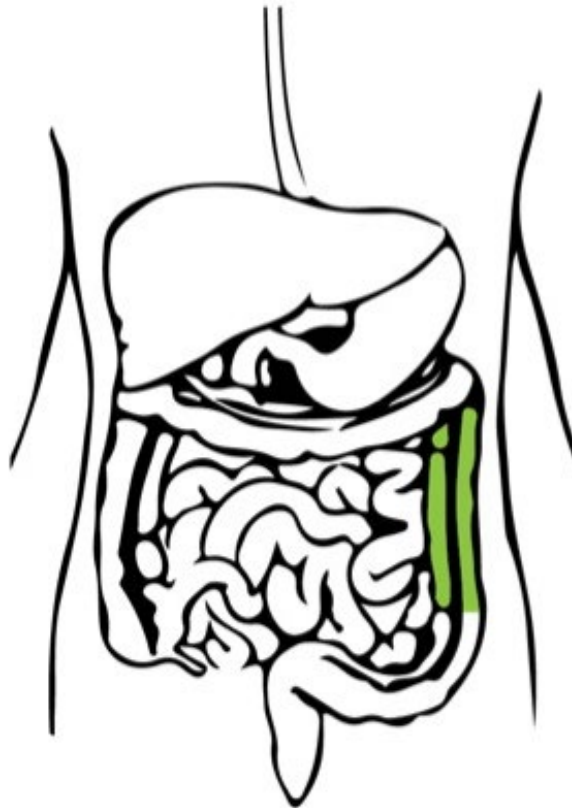
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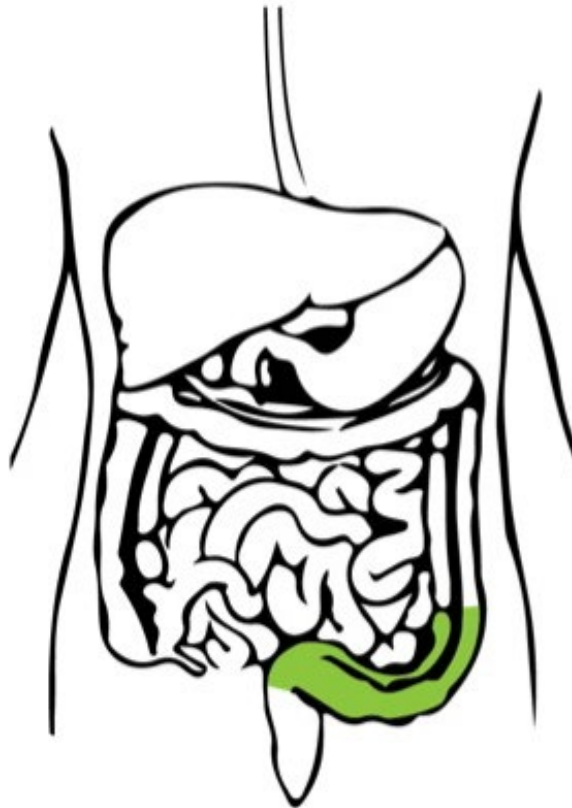
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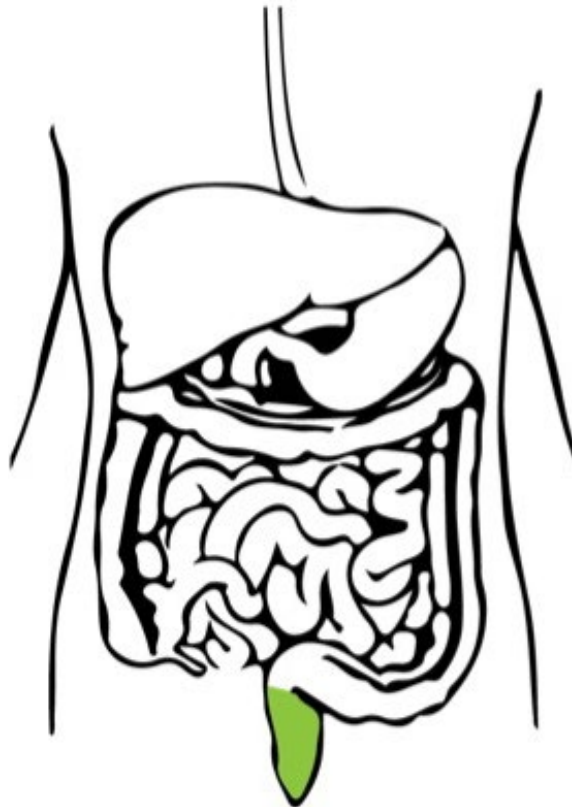
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What can I do to stay well?



Learn... Know...
and ACT!

- Happiness is important for health... stay involved with friends and school
- Keep active and fuel your body with good nutrition
- Get to know your medications
- Be as healthy as you can be - don't smoke, get immunized, get sleep and beat stress!

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How do I start being independent?



- ✓ Come to the first part of your IBD appointment on your own, without your parents
- ✓ Ask and answer questions during your IBD appointment
- ✓ Find out how a Social Worker and Dietitian can help you
- ✓ Avoid things that trigger an IBD flare

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Building Knowledge and Practicing Independence

Do you want to:

12-14
Years Old

Return to the start of the road
to New Knowledge and Responsibility

15-16
Years Old

Go on to Building Knowledge
and Practicing Independence

17
Years Old

Go on to Take Charge
and be Independent

END

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Building Knowledge and Practicing Independence

You will soon be turning 18 and transitioning out of CHEO care.

You'll start to see an adult IBD doctor so it's now time for you to take charge and be fully independent!

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How is adult care different than the care at CHEO?

- At CHEO, care centers around your family. In adult care, it is focused on YOU!
- Appointments may be shorter and more direct
- Tests may be different

There may be more CT scans, fewer blood tests, fewer tests for growth-related issues (like bone development)

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How else will my care be different?

Because endoscopy is an important part of understanding your IBD, your adult IBD doctor may want to do a scope soon after taking over your care.

- Scopes are rarely done under general anesthesia because otherwise there can be a very long wait
- Though you won't be completely asleep, you will get medications that will take away pain, and you will often forget what happened



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As a young adult who has taken charge of my IBD...



Knowledge is power!

- ☒ I can tell others what subtype of IBD I have, how severe it was when I was diagnosed, and how it affects me now.
- ☒ I can go to a clinic appointment by myself
- ☒ I know the names of my medications, the doses, and when to take them.

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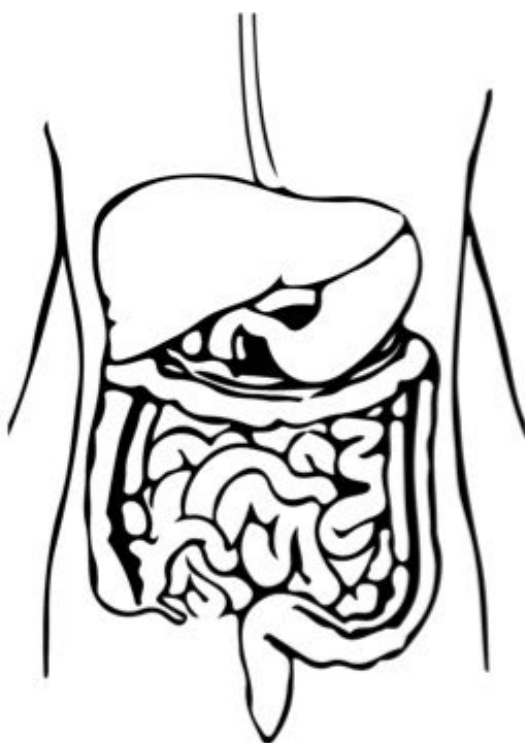
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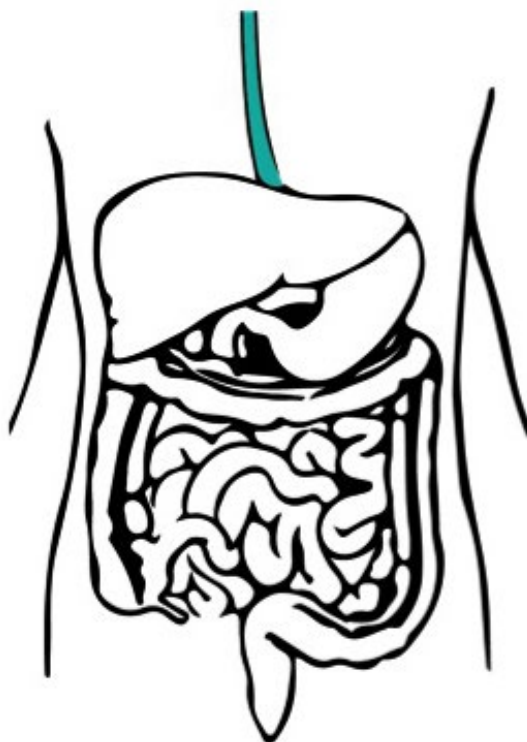
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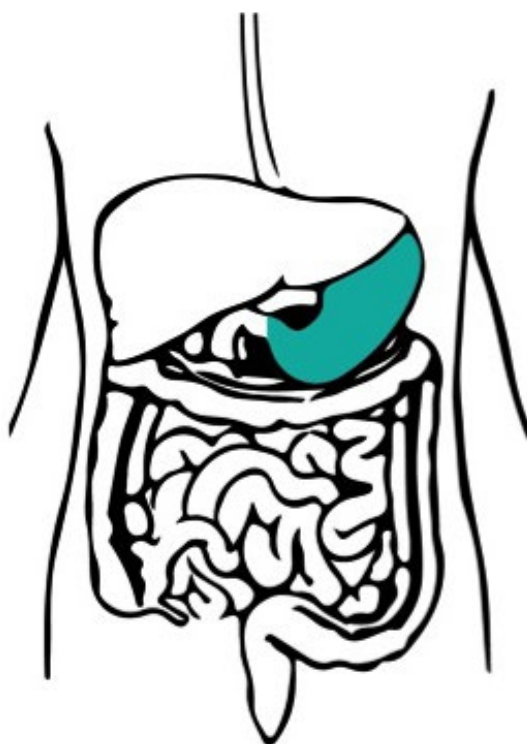
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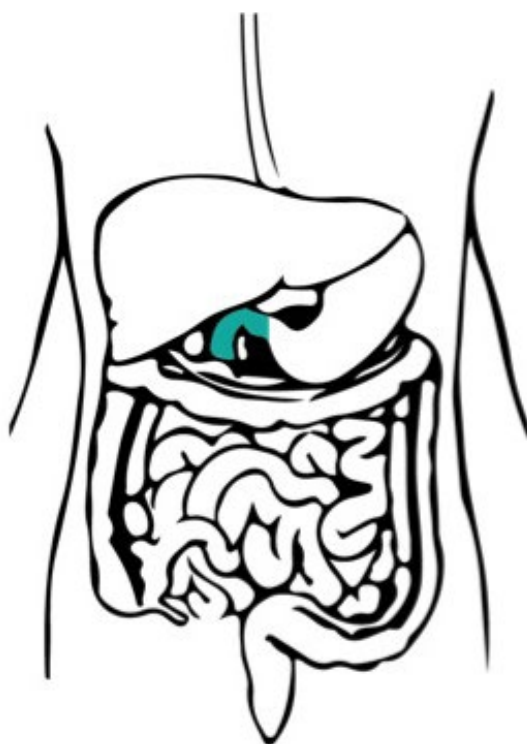
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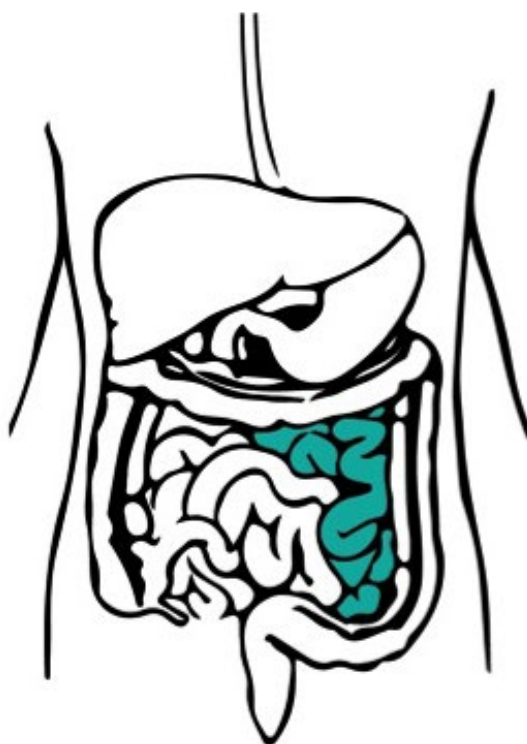
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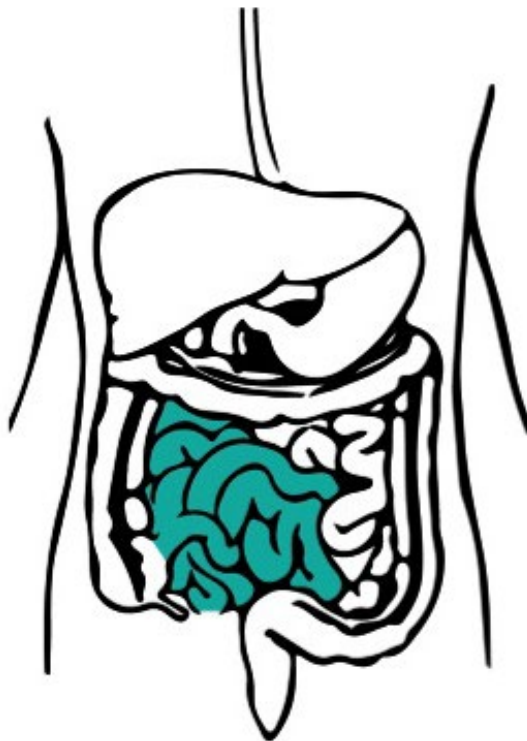
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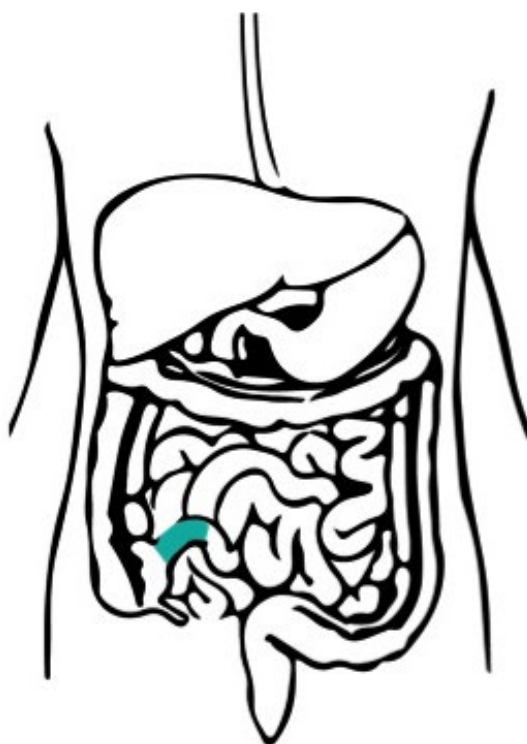
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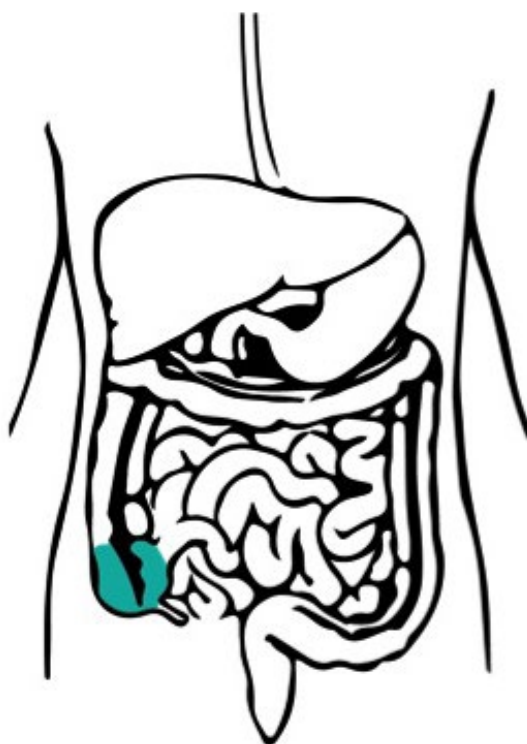
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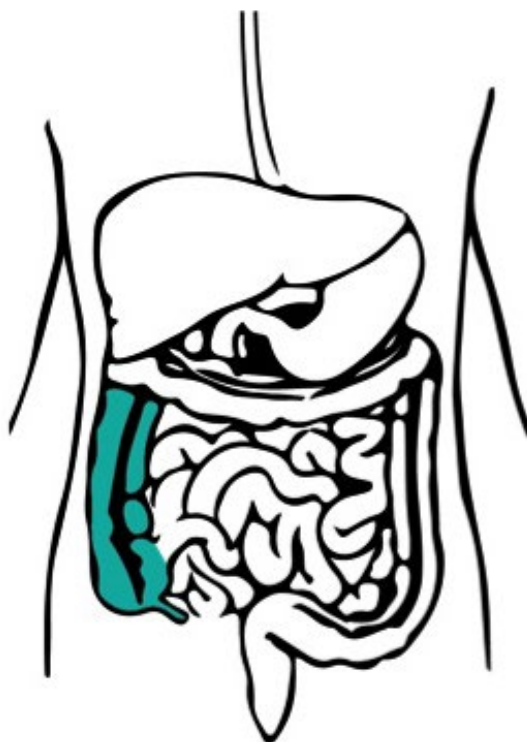
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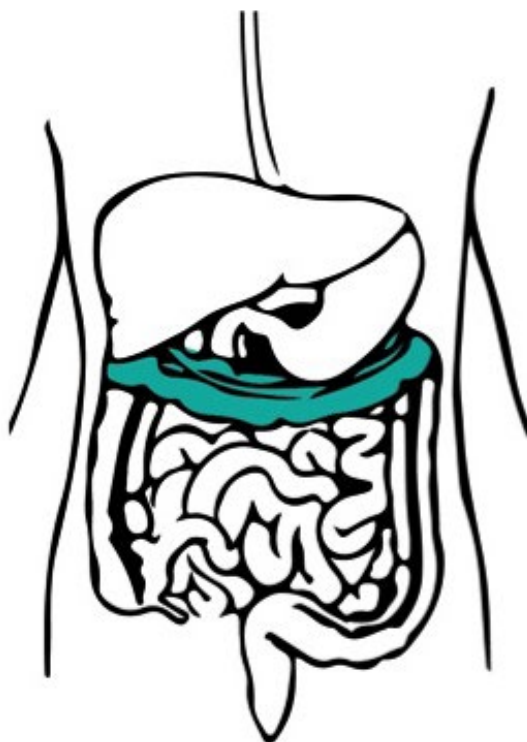
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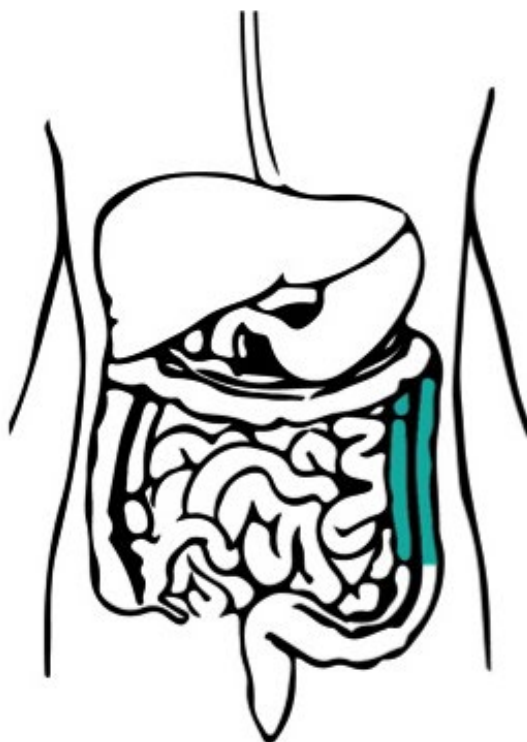
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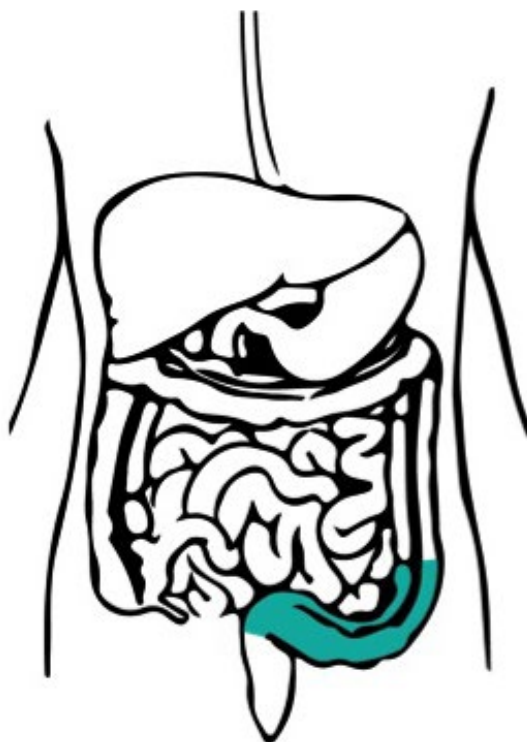
stomach

duodenum

jejunum

ileum

terminal ileum



cecum

ascending colon

transverse colon

descending colon

sigmoid colon

rectum

Skip this
section >

Which parts of your bowel are affected?

esophagus

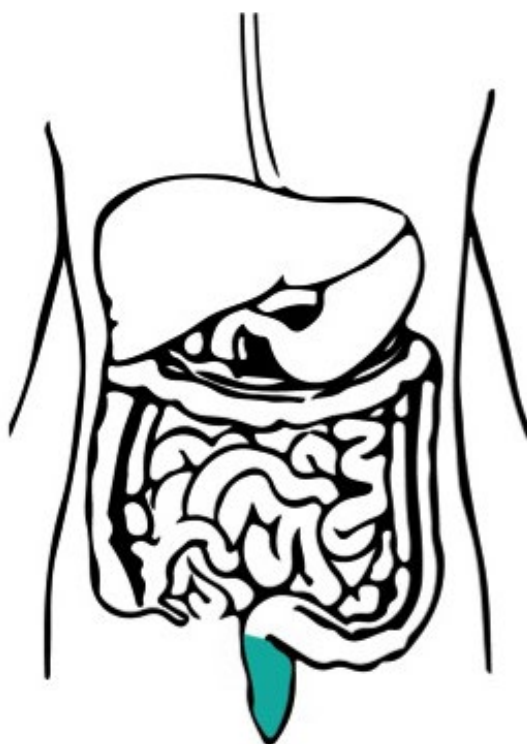
stomach

duodenum

jejunum

ileum

terminal ileum



cecum

ascending colon

transverse colon

descending colon

sigmoid colon

rectum

What else should I know?



These things would help me to be independent!

- ☒ I know possible medication side effects
- ☒ I know when and how to get more refills
- ☒ I can ask my pharmacist about interactions between medications
- ☒ I can prepare my medications in advance of overnight trips or vacations

CHEO

INFLAMMATORY BOWEL
DISEASE CENTRE

CENTRE DES MALADIES
INFLAMMATOIRES DE L'INTESTIN



Can you check off all of these statements?

Knowing how to deal with problems is an important part of taking charge of your IBD.

- ☒ I can tell when I'm having a flare
- ☒ I know how to make a clinic appointment
- ☒ I know the names of the basic tests and the purpose of them.
- ☒ I know how to take my temperature
- ☒ I know how to keep a stool and symptom calendar

CHEO

INFLAMMATORY BOWEL
DISEASE CENTRE

CENTRE DES MALADIES
INFLAMMATOIRES DE L'INTESTIN



I can also learn the following things:

- ✓ I know the impact of smoking on IBD
- ✓ I know what medications my health insurance covers.
- ✓ I can balance social life and school with my IBD!

CHEO

INFLAMMATORY BOWEL
DISEASE CENTRE

CENTRE DES MALADIES
INFLAMMATOIRES DE L'INTESTIN

New Knowledge and Responsibility

Do you want to:

12-14
Years Old

Return to the start of the road
to New Knowledge and Responsibility

15-16
Years Old

Go on to Building Knowledge
and Practicing Independence

17
Years Old

Go on to Take Charge
and be Independent

END

CHEO

INFLAMMATORY BOWEL
DISEASE CENTRE

CENTRE DES MALADIES
INFLAMMATOIRES DE L'INTESTIN



Nice

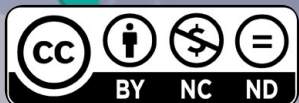
Making Gut Decisions

Your Transition to Adult IBD Care

Do you have questions about what you just read? Now's the time to ask your IBD care team!

Want to learn more?

www.cheo-ibd.ca



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