
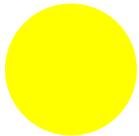
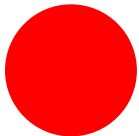


# Inflammatory Bowel Disease Stoplight Tool

	<p><b>Green Zone: Go</b>  <u>Are you experiencing:</u></p> <ul style="list-style-type: none"> <li>• Intermittent fluctuations in pain intensity, cramps and diarrhea</li> <li>• Occasional nausea</li> <li>• Occasional scanty bleeding</li> </ul> <p><b>If the answer to any of the above questions is “YES” It is likely you are NOT having an Exacerbation, continue to monitor</b></p>	<ul style="list-style-type: none"> <li>• We consider this the <b>GREEN</b> zone. No need to call unless things change. Will discuss them at the time of your regular visit.</li> <li>• Continue to take medications as prescribed.</li> <li>• Keep all physicians, lab and/or radiology appointments</li> <li>• Remember that you can have a regular diet but do not use arthritis pain medicines (aspirin, ibuprofen, indomethacin or alike) unless discussed with your IBD team. Acetaminophen, tramadol or celecoxib are ok.</li> <li>• You should get a flu shot (inactivated) every year and a pneumonia vaccine every 5 years. Do not take a shingles vaccine if on immunosuppressives unless you discuss with your IBD team.</li> </ul>	Digestive Disease Institute 206-223-2319
	<p><b>Yellow Zone: Caution</b>  <u>Are you experiencing:</u></p> <ul style="list-style-type: none"> <li>• Increase in bowel movements &gt; 10/day from day to day</li> <li>• Bowel movement has blood alone or blood clots</li> <li>• Worsening abdominal pain (from 5 to 10/10)</li> <li>• Nausea and Vomiting, <u>able</u> to keep clear liquids down</li> <li>• Swollen lymph glands</li> <li>• Sore throat with difficulty swallowing due to pain</li> <li>• <u>New</u> fistula drainage or <u>new</u> boil at the anus</li> <li>• Blistering skin rash (shingles) or severe rash</li> </ul> <p><b>If the answer to most of the above questions is “YES” it is possible that you ARE having an exacerbation.</b></p>	<ul style="list-style-type: none"> <li>• We consider this the <b>YELLOW</b> zone and you may have a flare. Please alert us by phone or MyVM with your specific symptoms at (206) 223-2319. <i>“I am in the YELLOW Zone”</i>. A Medical Assistant or Nurse will respond to your message. Please increase the amount of fluids x 24-48 hours. When you call, state the IBD medications and the dose, date of your last infusion or shot and/or antibiotics you took in the last 2 days.</li> <li>• May also call your PCP or family practitioner about your symptoms.</li> <li>• Things we might do in this situation is check a couple of stool samples, order labs and change your medications.</li> </ul> <p>Do NOT stop your medications unless instructed to do so.</p>	
	<p><b>Red Zone: WARNING</b>  <u>Are you experiencing:</u></p> <ul style="list-style-type: none"> <li>• Fever greater than 101.5 (38.5 C) and chills</li> <li>• Unusual shortness of breath and cough or chest pain</li> <li>• Severe headache with changes in vision that is not your typical migraine</li> <li>• Vomiting, unable to keep clear liquids down and no bowel movements x 24 hours</li> <li>• Yellow jaundice</li> </ul> <p><b>If the answer to any of the above questions is “YES” and you are on immunosuppressives (see footnote) we consider this the “RED” zone.</b></p>	<ul style="list-style-type: none"> <li>• If you are on immunosuppressives (biologics, immunomodulators like azathioprine or steroids), we consider this the <b>RED</b> zone and you need to be evaluated by a provider right away. Please call 206-223-2319 during business hours to arrange this appointment.</li> <li>• If this is outside business hours, please go to closest emergency room. In these instances <u>your provider may recommend labs and Xrays</u> (see footnote); however, a CT scan should only be done for a good reason. Ask your provider for a reason before the scan and whether an abdominal Xray could be enough.</li> <li>• Hold your immunosuppressives if fever &gt; 102 F.</li> <li>• A decision about using steroids (prednisone) should be withheld, if possible, until discussed with the IBD team.</li> </ul>	Patient Label Here

Examples of immunosuppressives: steroids (prednisone), immunomodulators (azathioprine, 6-mercaptopurine, tofacitinib, methotrexate), biologics (Remicade, Humira, Cimzia, Simponi, Tysabri, Stelara).  
 Our set of labs include: CBC, basic chemistries, liver panel, ESR, CRP and urinalysis. We also recommend a chest Xray for fever. If the chest Xray and liver tests are abnormal we recommend abdominal CT.  
 Stool studies include: C Difficile