

## Nurse consultations for Crohn's disease or Ulcerative Colitis

### Introduction

Crohn's disease and Ulcerative Colitis are chronic diseases. Unfortunately, there is still no cure, but the symptoms/complaints can be treated. At Amstelland Hospital, patients are treated by a multi-disciplinary team. Gastroenterologists [gastrointestinal & liver disease specialists] and specialised IBD nurses work closely with surgeons, nutritionists and stoma nurses/wound care centres.

### What does a nursing consultation entail?

If you are being treated by the gastroenterologist at the Amstelland Hospital, you have access to nurse consultations with the specialised IBD nurses to get advice and support. IBD is an international abbreviation for Inflammatory Bowel Disease, in other words: bowel diseases that are accompanied by inflammation. During the nurse consultation, you and the IBD nurse will try to find solutions to the problems that you encounter because of your illness. The aim is for you to lead as normal a life as possible. Topics that could be discussed are:

- impact and acceptance of the illness;
- examination and treatment;
- lifestyle choices (smoking);
- medication;
- nutrition;
- any procedures you might need to perform at home: administering enemas, suppositories or injections;
- recognising symptoms;

- how to deal with increasing symptoms;
- physical, psycho-social and sexual problems (related to your illness);
- the combination of illness and work;
- fertility and contraception;
- pregnancy and breastfeeding;
- travel, holidays, vaccinations;
- patient associations;
- information leaflets.

In consultation with your doctor, the IBD nurse can refer you to other care providers, such as a dietitian, social worker, clinical psychologist or rheumatologist.

### Making an appointment

Nurse consultations take place on Monday afternoons, Tuesday mornings, Wednesday afternoons and Thursday afternoons and last about 30 minutes. If you would like to make an appointment, please call:

- Gastroenterology outpatient clinic [Poli MDL]: 020-755 7023 or
- Treatment centre [Behandelcentrum]: 020-755 7120.

You can also make an appointment for a 5-minute telephone consultation - to ask brief questions or ask for the results of blood tests, for example. You can also send an e-mail to [ibdverpleegkundige@zha.nl](mailto:ibdverpleegkundige@zha.nl).

### Be prepared

Write down as many of your questions as possible beforehand and please feel free to bring someone with you to the nurse

consultation. It is important that you bring an up-to-date list of your medication and a valid hospital patient card. Please report to the reception desk at the Treatment Centre C35. If you are unable to attend, please inform us as soon as possible. This way, we can see another patient instead.

In principle, your appointments will alternate between seeing the gastroenterologist and seeing the IBD nurse for a consultation to check up on your illness.

**Contact us**

If your symptoms are getting worse or in case you need a consultation that cannot wait, please contact the Gastroenterology outpatient clinic: 020-755 7023.

**Notes on this leaflet**

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).