

These tips, resources, and questions for your health care team will help you along your new IBD journey. Print out or save this PDF for future reference.

Tips

- 1 When going out to dinner, a movie, a party, or other event, learn the location of the bathroom when you arrive. It will save you some panic if you have a flare.
- 2 Advocate for yourself and your needs when meeting with your health care team. Bringing your journal with a list of questions will help you get the answers you need.
- 3 Keeping a food journal may help you to track how your diet relates to your symptoms.
- 4 Remember that you're not alone. Whether it's through a support group, social network, online forums, or friends and family, connecting with others who are going through what you're going through can be a great source of comfort and insight.
- 5 Don't ever skip taking your medications even when you're feeling well. It's important to have a good understanding of the importance of taking medications regularly.

Questions to ask your health care team

- 1 What type of IBD do I have? Where is my disease located?
- 2 How will I know if I'm having a flare?
- 3 What symptoms should prompt me to call your office or go to the hospital?
- 4 Which treatment options may be right for me?
- 5 What are the benefits and risks/side effects of these options?
- 6 How long might it take before I see an improvement in my symptoms?
- 7 What can I do to ensure I'm getting the most from my medication?
- 8 What else can I do, in addition to taking my medication, to effectively manage my IBD?
- 9 How do I maintain good nutrition with IBD?
- 10 How do I explain my disease to family and friends or work/school?

Resources at a glance

Information Resource Center

<http://www.cdfa.org/living-with-crohns-colitis/talk-to-a-specialist/>

Phone:

888.MY.GUT.PAIN (888-694-8872)

M-F 9-5pm EST

Email: info@cdfa.org

Online live chat:

M-F 9-5pm EST

Online Disease Information

<http://www.cdfa.org/resources/>

Find Your Local Chapter

<http://www.cdfa.org/chapters>

Find an Event

<http://www.cdfa.org/get-involved/events/>

Online Community

<http://www.ccfacommunity.org/>

Become an Advocate

<http://www.cdfa.org/get-involved/be-an-advocate/>

Take Steps Walks

<http://www.cctakesteps.org>

Team Challenge Endurance Training

<http://www.ccteamchallenge.org/>

Other Helpful Links

<http://www.cdfa.org/living-with-crohns-colitis/helpful-links.html>

Campus Connection

<http://www.cdfa.org/campus-connection>

A diagnosis of Crohn's disease or ulcerative colitis can raise many questions and concerns. In addition to the information provided on the [I'll Be Determined](#) website, the Crohn's & Colitis Foundation of America (CCFA) offers many other resources and services that can help you learn more about living well with IBD.

Individual support

The Information Resource Center (IRC) is a help line for patients and caregivers living with IBD—whether you need to locate a doctor, find a local event in your area, or have questions about your disease.

Through the IRC, you can:

- Speak to a caring Master's degree level Specialist to access a wealth of information
- Receive the latest information on research and promising new treatment options
- Find gastroenterologists, support groups, and educational programs in your area
- Chat live online with an IRC Specialist
- Access free brochures and fact sheets on Crohn's disease and ulcerative colitis
- Get help in 170 different languages, including Spanish, Russian, German, and Cantonese

Specialists are available Monday-Friday, 9 AM to 5 PM Eastern time.

Call 1-888-MYGUTPAIN (1-888-694-8872) or email info@ccfa.org to speak with a specialist.

Other ways to connect

CCFA also offers a variety of education and support programs that help IBD patients get involved.

Visit www.ccfa.org for more information on:

- Local chapters providing in-person education programs
- Take Steps and Team Challenge, our exciting and rewarding fundraising programs
- Support groups and our mentorship program, Power of Two
- Peer support through our Online Community (www.ccfacommunity.org), including discussion forums, an online support group program, personal stories and more
- Campus Connection (www.ccfa.org/campus-connection) for college students to find resources and connect with others with IBD

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