

My IBD Backup Plan

College + Independent Living



A little planning now can make a difficult days easier.

Moving away from home means taking on new responsibilities, including managing IBD. Start with what you know, ask for help with what you don't, and update this plan when things change.

1. My healthcare contacts

Know who to call for routine questions, medication problems, and symptoms that need attention.

My GI provider / clinic

GI office phone

After-hours number / patient portal

Primary care provider

Local pharmacy / phone

Specialty pharmacy / phone (if applicable)

Nearest urgent care / address

Nearest emergency department / address

Privacy: This plan may contain sensitive medical information. Store it securely and share only what you choose. Ask your care team when to call, seek urgent evaluation, or use emergency services.

My Treatment Plan

Medications, refills, infusions and appointments



2. Medications and refills

Running out of medication shouldn't be the reminder that you need a refill.

Medication 1: name / dose / schedule

Medication 1: refill date / reminder

Medication 2: name / dose / schedule

Medication 2: refill date / reminder

How do I order refills?

Who do I call if a refill is delayed?

Special storage or supply instructions

3. Infusions, injections and appointments

If applicable, keep visits, lab work, transport and supplies organized.

Treatment or appointment type

Location / contact

Next date / frequency

Transportation plan

Storage, delivery or supplies

**Who to contact about
schedule conflicts**

Follow your care team's instructions for storage, missed doses, and scheduling. Do not change treatment on your own.

My Everyday Backup Plan

Bathrooms, travel and trusted support



4. Bathrooms, food and getting around

Knowing your options can make everyday plans less uncertain.

**Convenient bathroom
(class, dorm, work)**

Backup bathroom location

Long trips or commute plan

**Food/meal considerations
to discuss with care team**

**What I keep in my bag /
backup kit**

5. What I want someone else to know

You can share practical needs without sharing your entire medical history.

My trusted person

How to contact them

**What I want them to
know about my IBD**

**How they can help
on a difficult day**

Conversation starter: "I have a medical condition that can sometimes be unpredictable. Most of the time I manage it myself, but it would help if you knew _____."

My Everyday Backup Plan

Bathrooms, travel and trusted support



6. My flare plan

Use the instructions developed with your healthcare team.

Symptoms or changes to watch for

What my care team has told me to do

Who I'll contact and how

Classes, shifts or plans I may need to adjust

When to seek urgent / emergency care

7. School and work support

Ask about the appropriate support process before problems arise.

School accessibility/ disability services contact

Questions about breaks, attendance, exams or housing

Documentation / provider information needed

Work/internship contact or accommodation process

Seek prompt medical advice for worsening symptoms; severe pain, significant bleeding, fainting or serious dehydration may require emergency care.