

My IBD Care & Treatment Plan

Living with inflammatory bowel disease (IBD) can involve a lot of information, especially in the first few years after diagnosis. Use this worksheet to keep track of your care plan, understand what your healthcare team is monitoring, and know what to do when something changes.

Bring this sheet to appointments and update it as your treatment plan changes.

1 My IBD



My diagnosis:

- ☐ Crohn's disease
☐ Ulcerative colitis
☐ Other/Not yet sure: _____

Where my IBD affects my digestive tract:

My gastroenterologist/IBD specialist:

Best way to contact my care team:

2 My Current Treatment



Medication(s)/treatment(s) I am currently using:

The main goal of my current treatment is:

When I should expect to know whether it is working:

Side effects or medication concerns I should report:

3 How We're Monitoring My IBD



How you feel is important, but symptoms don't always tell the whole story. Your care team may also use tests to understand whether inflammation is under control.

My care plan may include:

- ☐ Blood tests ☐ Symptom tracking
☐ Stool tests ☐ Weight/nutrition monitoring
☐ Colonoscopy or other endoscopy ☐ Other: _____
☐ Imaging

My next test or monitoring step: _____

When: _____

What my healthcare team is looking for: _____

4 What I'm Watching For



My usual symptoms or concerns include:

Changes I should tell my care team about:

- ☐ Increased diarrhea or bowel frequency
☐ Increased urgency
☐ New or worsening abdominal pain
☐ Blood in my stool
☐ Symptoms waking me at night
☐ Changes in appetite or weight
☐ Increasing fatigue
☐ Medication side effects or concerns
☐ Symptoms affecting work, school, relationships or everyday activities
☐ Other: _____

My care team wants me to contact them if:

5 If My Current Treatment Isn't Working



Treatment for IBD sometimes needs to change. Needing a different treatment does not mean you have failed.

If my symptoms or inflammation aren't adequately controlled, our next step may be:

Questions I still have about my treatment options:

6 My Next Steps



My next appointment: _____

Before then, I need to:

- ☐ Complete lab or stool testing
☐ Schedule a procedure or imaging
☐ Track symptoms
☐ Continue my current treatment
☐ Contact my care team about: _____
☐ Other: _____



Remember

You don't need to understand everything about IBD at once. What matters is knowing the plan you're following now, what you're monitoring, and when to speak up if something changes.

Bring this worksheet to your next appointment and update it whenever your care plan changes.