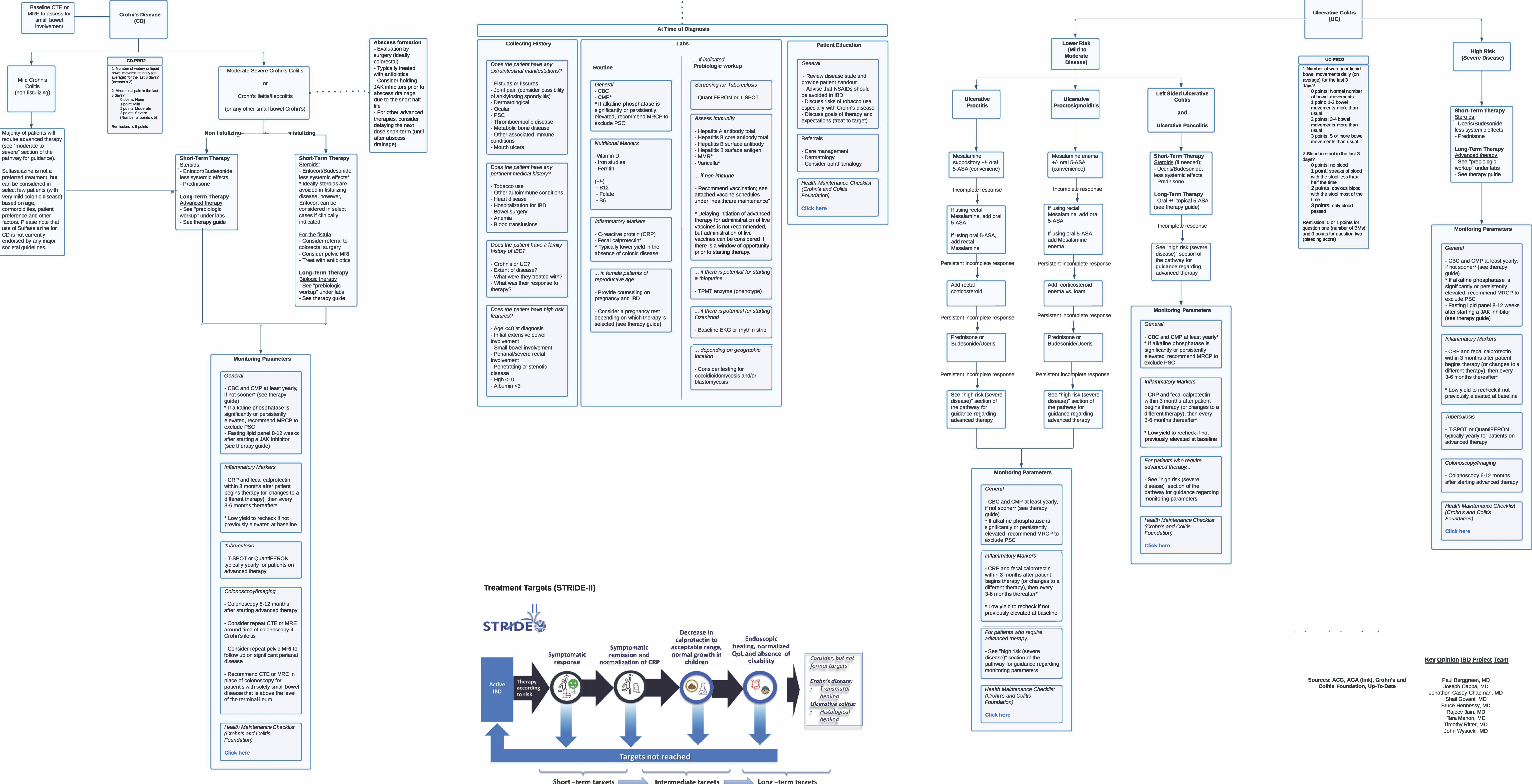


Newly Diagnosed IBD Pathway (For Outpatient Use)

*It is prudent that a GI pathogen panel (including C. diff) is checked prior to making the diagnosis of IBD

Inflammatory Bowel Disease (IBD)*



At Time of Diagnosis

Collecting History

Does the patient have any extraintestinal manifestations?

- Fistulas or fissures
- Joint pain (consider possibility of ankylosing spondylitis)
- Dermatological
- Ocular
- PSC
- Thromboembolic disease
- Metabolic bone disease
- Other associated immune conditions
- Mouth ulcers

Does the patient have any pertinent medical history?

- Tobacco use
- Other autoimmune conditions
- Heart disease
- Hospitalization for IBD
- Bowel surgery
- Anemia
- Blood transfusions

Does the patient have a family history of IBD?

- Crohn's or UC?
- Extent of disease?
- What were they treated with?
- What was their response to therapy?

Does the patient have high risk features?

- Age <40 at diagnosis
- Initial extensive bowel involvement
- Small bowel involvement
- Perianal/severe rectal involvement
- Penetrating or stenotic disease
- Hgb <10
- Albumin <3

Labs

Routine

General

- CBC
- CMP*
- * If alkaline phosphatase is significantly or persistently elevated, recommend MRCP to exclude PSC

Nutritional Markers

- Vitamin D
- Iron studies
- Ferritin

(+/-)

- B12
- Folate
- B6

Inflammatory Markers

- C-reactive protein (CRP)
- Fecal calprotectin*
- * Typically lower yield in the absence of colonic disease

... in female patients of reproductive age

- Provide counseling on pregnancy and IBD

... depending on geographic location

- Consider testing for coccidioidomycosis and/or blastomycosis

Patient Education

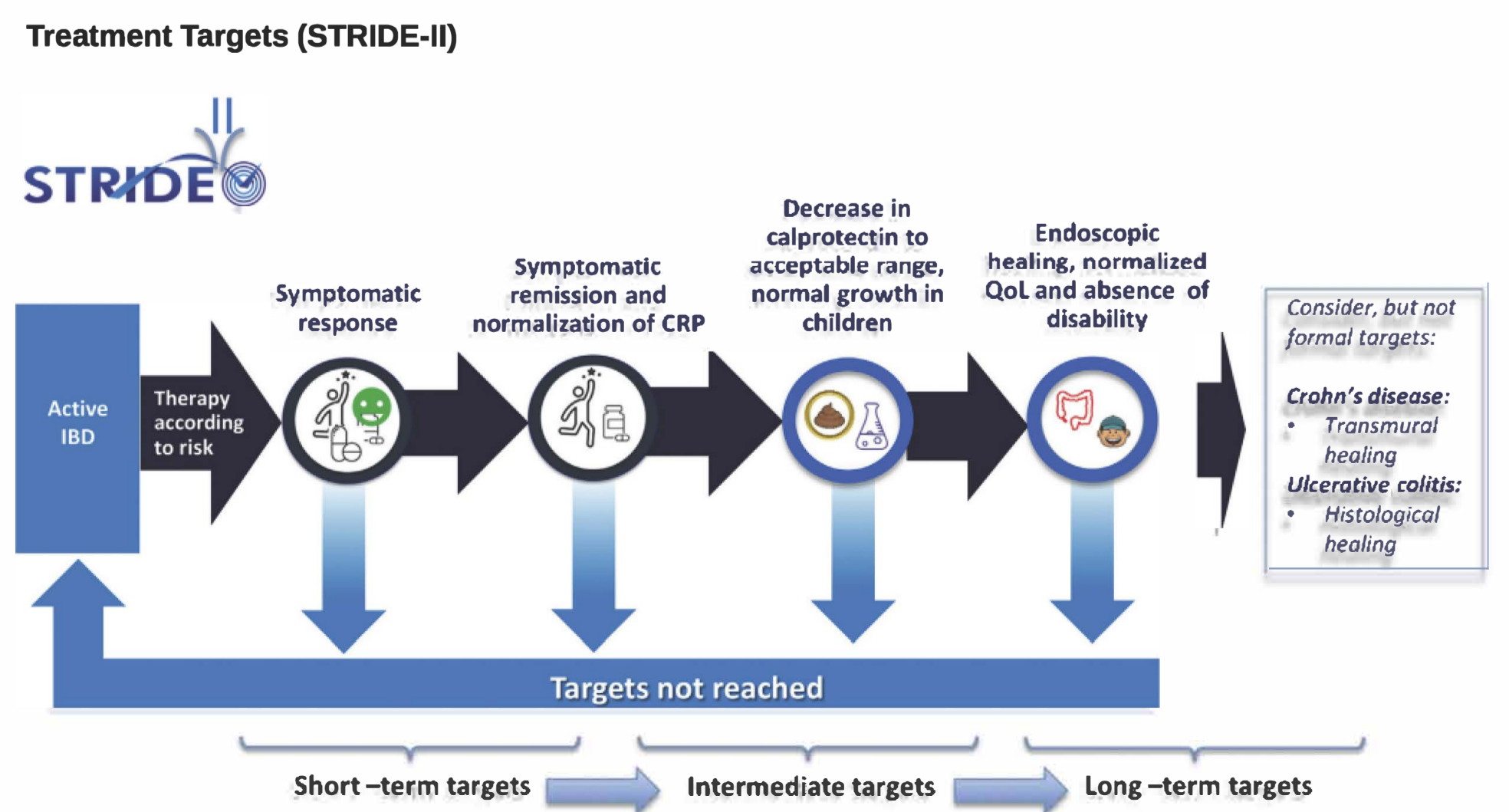
General

- Review disease state and provide patient handout
- Advise that NSAIDs should be avoided in IBD
- Discuss risks of tobacco use especially with Crohn's disease
- Discuss goals of therapy and expectations (treat to target)

Referrals

- Care management
- Dermatology
- Consider ophthalmology

Health Maintenance Checklist (Crohn's and Colitis Foundation) [Click here](#)



Sources: ACG, AGA (link), Crohn's and Colitis Foundation, Up-To-Date

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