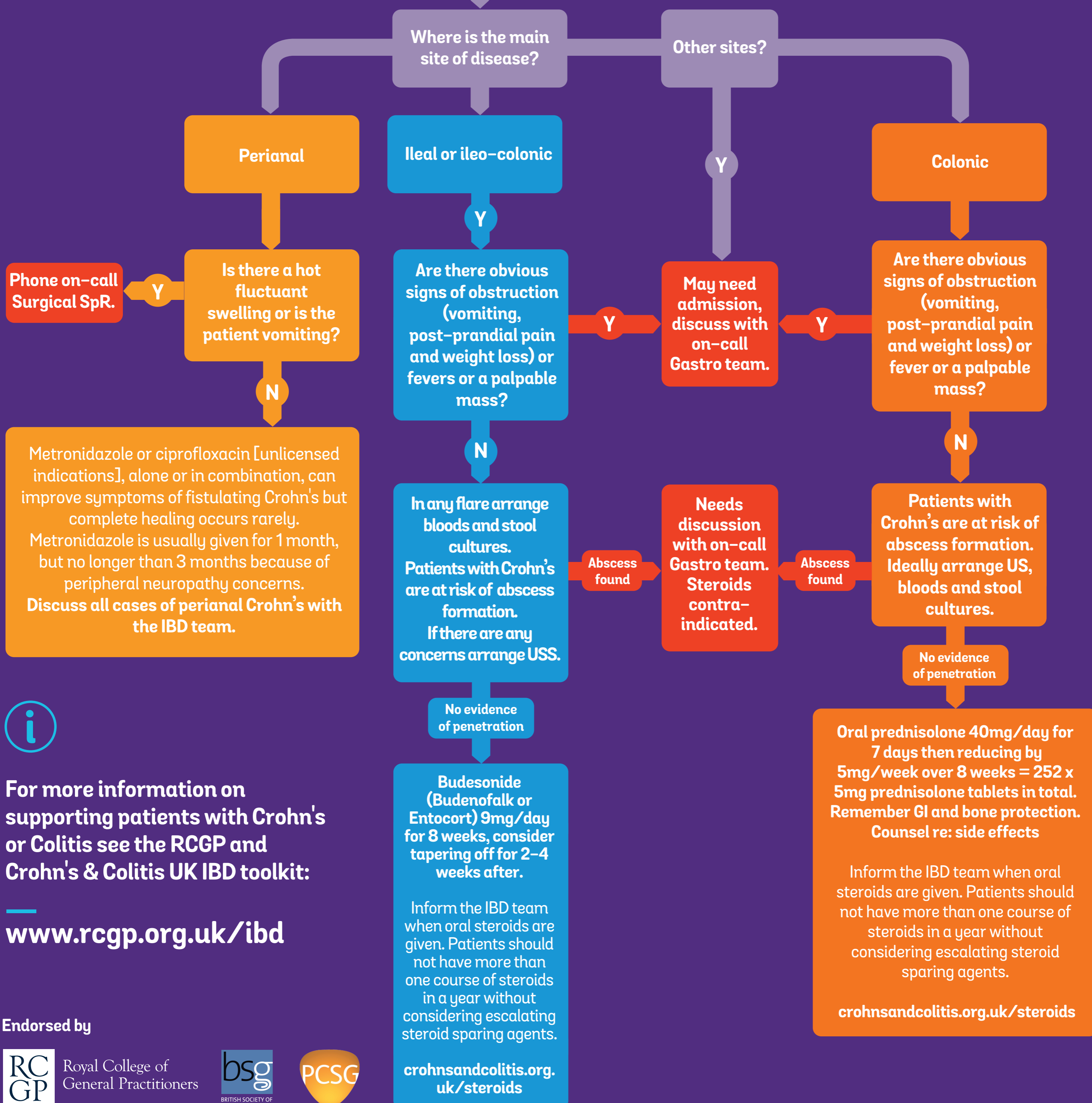


Flare pathway for **adults with known Crohn's Disease** without a stoma or an individual care plan.
Exclusions: age under 16, have a stoma or fistula, have had surgery or are on immunomodulators—azathioprine, mercaptopurine, methotrexate or a biological therapy (e.g. Humira).

Exclude intercurrent gastrointestinal infection. Ask about triggers. Check adherence to medication. Stop NSAIDs. Consider self-care for mild symptoms including dietary advice and reducing stress. See rcgp.org.uk/ibd and signpost to crohnsandcolitis.org.uk. Check inflammatory blood markers and faecal calprotectin, but **initiate treatment before results are available if clinical suspicion is high**.



For more information on supporting patients with Crohn's or Colitis see the RCGP and Crohn's & Colitis UK IBD toolkit:

www.rcgp.org.uk/ibd

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crohnsandcolitis.org.uk/steroids