

IBDSF CHEAT SHEET #1: Before Treatment Decisions

Stop & Ask!

Before making any major treatment decisions for Crohn's Disease or Ulcerative Colitis, such as starting immunosuppressive or biologic therapies, it is important to be relatively certain that the patient's current symptoms are likely being caused by active inflammation.

Here are some other causes of pain, diarrhea or rectal bleeding that your gastroenterologist should consider:

- Infectious diarrhea such as *C. difficile*
- Irritable Bowel Syndrome
- Lactose intolerance
- Bacterial overgrowth
- Bile salt diarrhea
- Celiac Disease
- Partial bowel obstruction/stenosis
- Non-steroidal anti-inflammatory drug
- Verify that disease is inflammatory by increased inflammatory markers and/or fecal calprotectin and/or colonoscopy
- Immunodeficiency diseases
- Pelvic floor dysfunction (adults only)
- Ischemic colitis (adults only)
- Ovarian cysts and endometriosis (women only)

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