

Crohn's Disease Action Plan

Gastrointestinal Society

Patient Name _____

Office Contact _____

Gastroenterologist _____

Date _____

Office Phone _____

Other Phone _____

Disease Information Location _____

Strictures _____

Fistulae _____

Peri-anal Disease _____

Green Zone

Doing Well



- regular bowel movements
- no visible blood within/on stool
- no or minimal abdominal cramps/pain/nausea/vomiting
- no fever/chills
- no nighttime stools
- no new peri-anal disease

Fecal Calprotectin Level (Date)

_____ (_____) _____ (_____) _____ (_____) _____ (_____) _____ (_____)

Take Your Maintenance Medications as Instructed

medicine name/dose/when to take it

Yellow Zone

Inflammation is Getting Worse



- 3 or more stools per day than normal
- visible blood streaks within/on stool
- moderate abdominal cramps/pain
- no fever/chills
- no nighttime stools

If you are in the yellow zone, and your symptoms last longer than a week, call your gastroenterologist or family doctor to inform them of your flare and any actions you have taken to manage it, so they can follow up.

Further Action

- continue to take your maintenance medications listed above
- take the following rescue medications (prescriptions provided by your gastroenterologist, e.g., budesonide, topical enemas, suppositories, etc.): _____
- if you have stricturing disease, there may be more swelling and edema and more narrowing of the stricture leading to a partial bowel obstruction or symptoms of pain after eating; if these symptoms are mild, then adjust to a liquid diet, add electrolyte drinks for rehydration, and nutritional supplements until things settle
- if you have peri-anal disease and you develop abscesses or the drainage is worsening, then you should start sitz baths and contact your gastroenterologist or family doctor to discuss next steps
- start rescue antibiotics if your doctor prescribed them: _____
- you may be asked to complete blood work and/or stool tests (e.g., stool cultures, fecal calprotectin) as soon as possible

Red Zone

Medical Alert!

- fever/chills
- passing blood only
- not able to pass gas/stool
- significant abdominal cramps/pain
- unable to eat/vomiting
- nighttime stools
- unresolving peri-anal disease



If you are in the red zone, call your gastroenterologist or family doctor. If you are unable to reach your doctor, then leave a message to inform them if you are going to the hospital.



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Canadian Society of Intestinal Research

This Action Plan is intended to help you manage Crohn's disease in between visits with your gastroenterologist. Created by the Gastrointestinal Society in conjunction with Vivian Huang, MSc, MD, FRCPC, James R. Gray, MD, CCFP, ABIM, FRCPC, and Mindy C.W. Lam, MD FRCPC MHS Sc MSc BSc(H).