



## Medication questions to ask your IBD team

A printable appointment checklist for parents and carers of children with Crohn's disease or ulcerative colitis.

Take this checklist to your child's next IBD appointment. Tick the questions you want to ask and use the notes space to record answers.

### About the medication

- ☐ What is this medication called?
- ☐ What does it do?
- ☐ Why is it being recommended for my child?
- ☐ Is it for treating an IBD flare, maintaining remission, or both?
- ☐ When should we expect it to start working?
- ☐ How will we know if it is working?

Notes

### Taking the medication

- ☐ What dose should my child take?
- ☐ How often should they take it?
- ☐ Does it need to be taken with food?
- ☐ What should we do if a dose is missed?
- ☐ What should we do if my child vomits after taking it?
- ☐ Are there any medicines, foods or supplements they should avoid?

Notes

## Side effects

- ☐ What side effects are common?
- ☐ Which symptoms should make us contact the IBD team?
- ☐ Which symptoms need urgent medical attention?
- ☐ What should we do if we think my child is having a side effect?
- ☐ Should we continue the medication if a side effect occurs?

Notes

## Side effects

- ☐ Does my child need regular blood tests?
- ☐ Which tests will they need?
- ☐ How often will they need them?
- ☐ Will they need stool tests such as faecal calprotectin?
- ☐ How will you check whether the treatment is controlling inflammation?

Notes

## Infections

- ☐ What should we do if my child develops a fever or infection?
- ☐ Does this medication affect their immune system?
- ☐ Should we contact the IBD team before starting another medication?
- ☐ Are there any vaccines we should avoid?

Notes

## If my child has injections or infusions

- ☐ How is the medication given?
- ☐ How often is it given?
- ☐ Can we give it at home?
- ☐ How should it be stored?
- ☐ What should we do if we miss an injection?
- ☐ What reactions should we watch for?

Notes

## Travel

- ☐ Can my child travel while taking this medication?
- ☐ How should we store it while travelling?
- ☐ Do we need extra medication?
- ☐ Do we need a letter or other travel documentation?
- ☐ What should we do if the medication is lost?
- ☐ What should we do if my child becomes unwell while travelling?

Notes

## What if the treatment doesn't work?

- ☐ How long will we wait to see if it is working?
- ☐ What happens if my child's symptoms don't improve?
- ☐ What happens if tests still show inflammation?
- ☐ What other treatments could be considered?
- ☐ When would you consider changing medication?

Notes

## My child's medication

Medication:

Dose:

How often:

How is it given?

Next review:

## Before we leave

- ☐ I understand the medication
- ☐ I know how and when my child should take it
- ☐ I know what to do if a dose is missed
- ☐ I know which side effects to watch for
- ☐ I know when to contact the IBD team
- ☐ I know what monitoring and tests are required
- ☐ I know when urgent medical care is needed

Important: This checklist is for general education and does not replace advice from your child's healthcare team. Medication instructions vary between medicines, children and countries. Always follow the instructions for your child's specific treatment.