

## Patient Hospital Discharge Information Sheet

Attach Patient Sticker

Please fax completed form to IBD Physician's office 780-492-8121

**These instructions are being provided to you upon your discharge. They may not be all inclusive and are meant to be a supplement to any other instructions your doctor may have given to you. If you have any concerns about the discharge instructions please ask one of the doctors prior to you leaving the hospital.**

FOLLOW ONLY THOSE INSTRUCTIONS WHERE THE BOX IS CHECKED.

### MEDICATIONS

- Take **prednisone** 8 tablets daily (8 x 5mg tablets = 40 mg daily) for one week and then decrease the dose according to the attached instruction sheet.\*
- Take **Imuran® (azathioprine)** \_\_\_\_\_tablets (\_\_\_ x 50 mg= \_\_\_mg) daily.  
**OR**
- Take **Imuran® (azathioprine)**\_\_\_\_\_tablets daily ( \_\_\_x 50 mg = \_\_\_\_\_mg daily) for 2 weeks and increase according to the attached instruction sheet.\*
- Take one of the following **Salofalk® / Asacol® / Pentasa® / Mesevant® / sulfasalazine** \_\_\_\_\_tablets (\_\_\_\_\_mg) twice daily.
- Take **Salofalk® / Pentasa®** enemas once nightly before bed for 1 month. Hold each enema as long as possible.
- Take **Cortifoam®** enemas every morning for 1 month. Hold each enema as long as possible.
- Take **Cipro®** (ciprofloxacin) 500 mg twice daily for 1 month.
- Take **Flagyl®** (metronidazole) 500 mg twice daily for 1 month.
- Contact Kelly 780.492.8691 ext. 9 to confirm your outpatient **Remicade®** (infliximab) infusions have been set up.
- Contact Pam 780.492.8691 ext. 9 to confirm your outpatient **Humira®** (adalimumab) injections have been set up.

### BLOODWORK

- For patients starting Imuran or Methotrexate, have your blood tests done once a week for 4 weeks, then once a month. Use the attached requisition.
- Have the standard follow-up bloodwork completed two weeks from now. Use the attached requisition.

### FOLLOW-UP APPOINTMENTS

- Call your family doctor and arrange a follow up appointment within the next 2 weeks.
- We have arranged your follow-up appointment with Dr. Dieleman/Fedorak/Halloran/Kroeker (circle one) to be seen in clinic, 3rd Floor, Zeidler Ledcor Centre building in \_\_\_\_\_months.
- If you have any questions/concerns, contact Clare/Karen/Odarka (IBD nurse) via the telephone number below.

**IBD NURSES' NUMBER:** 780-492-8691 ext. 9

**Email: [ibd.gi.clinic@ualberta.ca](mailto:ibd.gi.clinic@ualberta.ca) (For clinic booking ONLY)**

\*patient instruction and information forms can be obtained from [ibdclinic.ca](http://ibdclinic.ca)