

## Inflammatory Bowel Disease Standardized Care Protocols

### 7. INITIATION OF THIOPURINES

#### **Nurse:**

1. Prior to starting therapy, the patient must have the following completed:
  - Skin exam to be performed by family physician
  - EBV IgG screening, if the patient is less than 23 years old
2. At the time of the medication initiation appointment, the patient is to be given:
  - A patient information sheet and instructions for taking the medication ([#1](#), [#2](#) & [#3](#)) ([PACE QPI 22,23](#))
  - Bloodwork requisitions:
    - A new start Thiopurine lab requisition to be done every week for 4 weeks ([#4](#)), and a monthly standing order to complete for the first year of therapy ([#5](#)). After the first year, if there are no issues, the standing order can be done every 2-3 months. ([PACE QPI 12](#))
    - 6-TG and 6-MMP levels to be done after 4 wks on a stable dose i.e. 10 weeks after starting (physician discretion)( [#6](#) & [#7](#))
    - Standard follow-up appointment bloodwork to be done 1 week before his/her next follow-up appointment ([#8](#))
    - Collection kit for fecal calprotectin ([#9](#)) or fecal calprotectin for patients on Humira ([#10](#)) – sample to be brought in at 14 week follow-up appointment.
3. After the patient has been on a thiopurine for 14 weeks, and the thiopurine labs and 6TG/6MMP labs (optional) have come in and been reviewed by the nurse, the nurse will call the patient to ensure response to the medication, utilizing the telephone interview ([#11](#)) and HBI ([#12](#)) or Partial Mayo ([#13](#)). ([PACE QPI 15](#))
4. If there is response, continue with thiopurine therapy. If there is not adequate response, then consult with the physician.
5. Send a message to support staff to make a follow-up appointment after 14 weeks to assess response.

#### **Support Staff:**

1. Arrange a follow-up clinic appointment at 14 weeks as per the nurse message. If the patient has misplaced his/her standard follow-up bloodwork requisition, be sure to send them one (via email, fax or mail) to complete before their appointment.
2. If there is no physical appointment available, reply to the nurse's message to let him/her know they will need to call the patient to do a phone assessment at 14 weeks.

#### **Physician Guided:**

1. If the patient is not adequately responding to the medication, then optimize therapy.

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