

# Inflammatory Bowel Disease (IBD) Transition of Care Program

---

## What is the program?

This program is designed to prevent problems between hospital discharge and your first post-discharge clinic appointment. This program provides a **safety net** with closer monitoring for the period after hospital discharge and during a prednisone taper.

You will receive a call to schedule a video visit with a nurse practitioner to:

- Review your medications.
- Review your symptoms with a questionnaire during a **prednisone taper** (stopping prednisone).
- Review your inflammation through testing for certain things that can indicate the cause (**biomarkers**).
  - o These tests include measuring **CRP** (the level of C-Reactive Protein in your blood) and measuring **fecal calprotectin** (the amount of a protein called calprotectin in the stool) during a prednisone taper.
- Confirm your follow-up visit with your clinic provider.
- Identify if your symptoms worsen or inflammation increases and notify your provider if this is the case.

## Why?

We started this program because IBD patients commonly have problems in the period after discharge with recurring symptoms, return of inflammation, or problems with filling medications, which can lead to emergency visits or even hospital stays.

## What do I have to do?

- Before discharge, set up an appointment at a time convenient for you during the week after discharge for a video visit with the nurse practitioner.
- Answer the call from Michigan Medicine within a week after discharge to confirm or schedule your video visit with the nurse practitioner.
- Make sure you are enrolled on the MyChart patient portal.
  - o Make sure that MyChart portal and the zoom apps are downloaded on your device before the visit.
  - o Need help? Call (734) 615-0872, option 1 for assistance.
- Drop off stool samples for fecal calprotectin when scheduled.
- Get your blood drawn for CRP when scheduled.
- Fill out the IBD symptom questionnaires in the MyChart portal when scheduled.

This program will help us **prevent** problems (and flares) between hospital discharge and your next clinic visit by:

- Identifying potential problems early
- And**
- Notifying your doctor so that they can intervene before problems worsen.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Peter Higgins, MD  
Reviewers: Hae Mi Choe, PharmD, Grace Jenq, MD

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 06/22/2021