

# Crohn's Disease obstructive episode

## Managing an obstruction - a step by step plan

### 1 Recognise your symptoms

You might have an obstruction if:

- You're having abdominal pain or cramps.
- Your tummy is bloated or distended.
- You are feeling or being sick.
- You are constipated or not passing gas, or you might have bursts of diarrhoea.

### Go to hospital if:

- You are being sick persistently.
- You have severe abdominal pain.

### 2 Get in touch

If Monday to Friday 9am – 4pm,  
contact the IBD helpline straight away:  
[uhsussex.ibdnursingservice@nhs.net](mailto:uhsussex.ibdnursingservice@nhs.net) OR  
**01273 664427** (answerphone service)  
Outside of these hours, call **111**

### 3 While awaiting a response

1. Do not eat or drink for 3 - 6 hours.
2. Then only drink fluids for 24 hours.
3. Then gradually reintroduce easy to digest foods.

### 4 After speaking to your team

- Remain on a low residue diet (avoid nuts, seeds, brown cereals, fruit and vegetable skins).
- Consider drinking liquid supplements like Complan, Aymes or Modulin - this can help improve your symptoms, give you extra nutrients and reduce inflammation.



### KNOWLEDGE IS POWER!

- Visit our website for lots of useful information on IBD: [uhsussex.nhs.uk/services/ibd](https://uhsussex.nhs.uk/services/ibd) or scan this QR code:
- Get more information from trusted resources like [Crohn's & Colitis UK](#) and [IBDmate](#).
- Join a local support group: [crohnsandcolitis.org.uk](https://crohnsandcolitis.org.uk)



### KNOW YOUR FLARE TRIGGERS

- Certain things may worsen symptoms - avoid these if you can.
- Common triggers include **alcohol, certain foods, and stress**, but everyone is different.

### DIET WHEN NOT FLARING

- Try to eat a **healthy and balanced diet**.
- Don't skip meals to try to control symptoms.
- Don't make big changes to your diet or cut out whole food groups unless advised to by a healthcare professional.

### DIET DURING FLARE:

- Do not eat or drink for 3 - 6 hours.
- Then only drink fluids for 24 hours.
- Then gradually reintroduce easy to digest foods.
- Remain on a low residue diet (avoid nuts, seeds, brown cereals, fruit and vegetable skins).
- Consider drinking liquid supplements like Complan, Aymes or Modulin - this can help improve your symptoms, give you extra nutrients and reduce inflammation.

### STRESS AND FATIGUE

- Try to make time to **rest, relax and move your body**.
- If stress or fatigue feels overwhelming, seek help
  - ➔ Take a look at our '**General info for IBD**' section on our website.

### STAYING SAFE

#### MEDICATION SAFETY

- **Don't stop or change** any IBD treatment without speaking to a healthcare professional. Always let your IBD team know about any changes.
- If you're prescribed **steroids**, let your IBD team know as **soon as possible**.
- Avoid **NSAIDs** like **ibuprofen, aspirin, diclofenac** and **naproxen** as these can worsen gut inflammation.

#### INFECTION PRECAUTION

- If you get an infection (e.g. cold, flu, COVID), take a look at our '**Active Infections**' section on our website.



#### BE PREPARED

- Get a '**Can't Wait!**' card and **RADAR** key to access disabled toilets.
  - ➔ Take a look at our '**General info for IBD**' section on our website.



If you have any questions or concerns contact:

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