



IBD Signs of a disease flare

Inflammatory Bowel Disease (IBD) is a chronic condition. Many patients experience periods of remission, when a patient is feeling well and has little to no symptoms of their disease, and also periods where the disease symptoms are very active. These active periods are called flares.

Flare symptoms may range from mild to severe and are often similar to those children experience when first diagnosed with IBD. While some symptoms strongly suggest a flare, others are less specific and may be an indication of a virus or other illness.

The chart below will help you better understand and address signs of a flare.

SYMPTOM

Abdominal pain or cramping

Diarrhea

Eye pain or redness

Fatigue

Fever that is ongoing

Joint pain and swelling

Mouth ulcers

Nausea

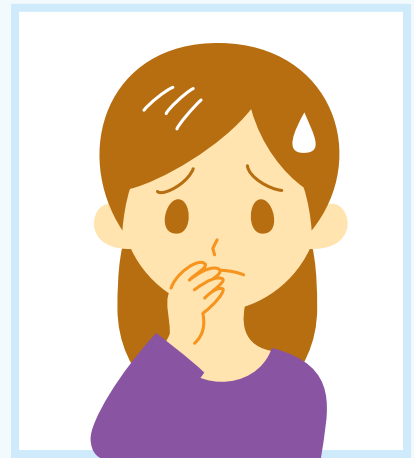
Weight loss that is unexplained

Vomiting


Bloody diarrhea

Painful bumps on the arms and/or legs that are coin-sized and either black or red

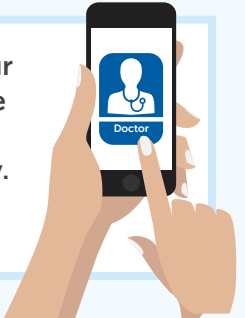
Two or more of the above symptoms



WHAT SHOULD I DO?



Monitor and contact your primary care physician if symptoms persist or get worse.



Contact your primary care physician immediately.