

Gastroenterology



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Patient Initiated Follow-Up (PIFU) - Inflammatory Bowel Disease

**If you need access to PIFU
please call the IBD Helpline on 01723 236363**
(open 8am - 5pm, Monday to Friday)

Contact us if you experience any of the following:

- **A persistent flare of bowel symptoms. This might include diarrhoea, blood in your stools or abdominal pain.**
- **Other problems with your health that you feel relate to your colitis.**

If you have any concerns related to your condition, but not a flare up, you can still contact the IBD helpline on 01723 236363.

If you require urgent medical advice you should either contact your GP or call NHS 111. If you are really unwell, you should attend your local Emergency Department (A&E). For all other medical concerns, your GP remains your first point of contact.