

# Inflammatory Bowel Disease (Ibd)

## What Is Inflammatory Bowel Disease (Ibd)?

Inflammatory bowel disease (IBD) is a chronic condition that causes inflammation in the digestive tract. The two main types of IBD are:

- **Crohn's disease** - Can affect any part of the digestive tract, from the mouth to the anus, but most commonly affects the small intestine (ileum)
- **Ulcerative colitis** - Only affects the colon (large bowel) and rectum

### Other forms of IBD include:

- **Indeterminate colitis** - Inflammation in the large bowel that could be due to either Crohn's disease or ulcerative colitis
- **Microscopic colitis** - A less common form, only diagnosed via biopsy

## What Causes Inflammatory Bowel Disease?

The exact cause of IBD is unknown, but factors that may increase the risk include:

- **Genetics** - Having a close relative with IBD increases your risk
- **Immune system dysfunction** - The immune system mistakenly attacks the gut lining, leading to inflammation
- **Environmental triggers** - Smoking, stress, diet, and gut bacteria imbalances may contribute to IBD

## Symptoms Of Inflammatory Bowel Disease

### Common symptoms include:

- **Diarrhoea**

- **Rectal bleeding**
- **Mucus in the stools**
- **Abdominal pain and cramping**
- **Unintentional weight loss**
- **Fatigue**

### **Less common symptoms include:**

- **Skin rashes**
- **Eye irritation and inflammation**
- **Painful, swollen joints**

For more details on symptoms specific to Crohn's disease, click [\[here\]](#).

For more details on symptoms specific to ulcerative colitis, click [\[here\]](#).

## **How Is Inflammatory Bowel Disease Diagnosed?**

To confirm an IBD diagnosis, your consultant will take a full history and carry out a clinical examination. This may include:

- **Rigid sigmoidoscopy or proctoscopy** - To examine the rectum and lower bowel
- **Blood tests** - To check for inflammation markers and infection
- **Stool tests** - To rule out infections that could mimic IBD
- **Flexible sigmoidoscopy or colonoscopy** - To examine the large bowel and take biopsies
- **MRI enteroclysis** (small bowel MRI) - To assess the small intestine, especially in Crohn's disease

- **CT scan** - Useful for detecting inflammation, strictures, or abscesses

## Treatment For Inflammatory Bowel Disease

The treatment of IBD depends on the type and severity of the condition and may include:

- **Medication** - To reduce inflammation and manage symptoms
- **Biologic therapy** - Advanced treatments targeting the immune system
- **Surgery** - Required in severe cases or complications

## Why Choose The Midlands Bowel Clinic?

- **IBD specialists** - Expert gastroenterologists and colorectal surgeons
- **Advanced diagnostics** - Comprehensive testing for accurate diagnosis
- **Personalised treatment** - Tailored plans to suit individual patient needs
- **Minimally invasive options** - Modern treatments for faster recovery

## Contact Us

If you have symptoms of IBD or need expert advice, contact us today for diagnosis and treatment.