

IBD and ostomies involve much more than just gastrointestinal complications. Many individuals with IBD and/or an ostomy will experience other health conditions due to their IBD.

Determining the appropriate healthcare provider to see for these manifestations can be challenging. Follow the flow sheet below to determine what type of provider you need to see:

Gastroenterologist	Can handle all aspects of your IBD and/or ostomy; any changes in your health should be reported to your gastroenterologist; your gastroenterologist can also make referrals to specialists if needed
Primary Care Physician	Responsible for general health concerns; any changes in your health should also be reported to your primary care physician who can also make referrals to specialists as needed
Colorectal Surgeon	Individuals planning for any type of bowel surgery (ostomy, resection, etc.) should speak with a colorectal surgeon
Ostomy Nurse	Help new ostomates with recovery and care of their ostomy
Obstetrician/ Gynecologist	Crucial in the care process for individuals with IBD and/or ostomies attempting to conceive, currently pregnant or breastfeeding as well as those with menstrual disturbances or pain
Rheumatologist	Can aid in the management of inflammatory joint pain (arthritis or arthralgia) - a common issue for those with IBD and ostomies
Dermatologist	Individuals struggling with skin conditions from IBD and/or an ostomy (e.g. erythema nodosum) should see a dermatologist
Psychiatrist Psychologist	Should be utilized for those struggling with any mental health conditions (depression, anxiety, PTSD, eating disorders)
Urologist/ Nephrologist	Individuals experiencing kidney or urinary problems should be assessed by a nephrologist (more focused on kidney issues) or urologist (more focused on urinary tract issues)
Endocrinologist	Can be seen for those struggling with osteopenia or osteoporosis (health issues related to decreased bone density)
Hepatologist	Specialized specifically in liver and gallbladder issues - most gastroenterologists can also see IBD and/or ostomy patients for liver complications
Registered Dietitian	Can help individuals with dietary restrictions or difficulty eating create nutrition plans to get the nutrients they need