

You may have been referred to the Dietitian's for dietary advice for inflammatory bowel disease (e.g. Crohns or Ulcerative Colitis).

As you are aware the NHS is currently under immense pressure due to the current COVID 19 pandemic. During this period we are not able to provide our usual service as we need to prioritise to reduce the risk to our patients. In view of this, we unfortunately are unable to offer you an appointment in our gastroenterology clinic. Should the national position change we will be able to resume our service as normal and you can self-refer back into our service.

In the meantime please find some self-help guidance link attached.

<https://patientwebinars.co.uk/ibd/>

<https://www.crohnsandcolitis.org.uk/>

There is an app helping people with Crohn's or Colitis to manage their condition

From toilet activity tracking to mindfulness, symptom tracing to exercise, apps can be a great way to help you live well when your gut doesn't work. Here's some we'd recommend:

In My Shoes: 24 Hours with Crohn's or Colitis



In My Shoes: 24 Hours with Crohn's or Colitis - an immersive app that will allow anyone to experience first-hand what it's like to have Crohn's or Colitis.



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