



To Whom It May Concern:

This letter is to provide medical information for _____, who is following by the GI Clinic at Children's Mercy Hospital for:

_____ Crohn's Disease,
_____ Ulcerative Colitis

Crohn's Disease and Ulcerative Colitis are forms of Inflammatory Bowel Disease (IBD). This is a lifelong condition causing inflammation in the gastrointestinal tract. It can cause diarrhea, vomiting, and abdominal pain, weight loss and blood in the stools. It can also be associated with arthritis, rashes, fevers, and bleeding problems. IBD can be treated with medications, but may have periods where symptoms flare up.

We would appreciate your assistance in dealing with this disease. Specific recommendations that would be helpful are as follows:

- Please issue a year-long bathroom pass. Patients with IBD may experience abdominal cramps and an urgent need to have a bowel movement. Delays or special permission could increase pain, or cause an embarrassing accident.
- Please realize that patients with IBD may miss school at times due to symptoms, hospitalizations, appointments, or other medical testing. We ask that teachers show leniency during these times, and work with students to get missed assignments made up, as tolerated.
- We encourage patients to be physically active as possible, allowing for more frequent rest periods or other modifications when necessary.
- While we know that stress does not cause IBD, we recognize that stress can make symptoms worse. Please encourage teachers to provide patience, support and encouragement.
- Patients may be required to take medications at school. If necessary, please facilitate this in as timely manner as possible to minimize the disruption of schoolwork.
- Please allow water bottles or midmorning snacks – these may be needed depending on nutritional needs.

Thank you for assisting us in caring for our patient. Please contact our office at 816-234-3708 for any questions or concerns.

Sincerely,
CMH Section of Pediatric Gastroenterology