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Inflammatory Bowel Disease (IBD) Guidelines

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Introduction

Inflammatory Bowel Disease (IBD) is a term that encompasses two main chronic conditions: Ulcerative Colitis (UC) and Crohn's Disease (CD). Both UC and CD are characterized by inflammation of the gastrointestinal tract, but they differ in the location and nature of the inflammation.

Ulcerative Colitis (UC):

UC primarily affects the colon and rectum, leading to inflammation and the formation of ulcers on the inner lining of the colon. Symptoms of UC may include abdominal pain, bloody diarrhea, urgency to have a bowel movement, and weight loss. The inflammation in UC is continuous and usually begins in the rectum, extending in a continuous manner toward the colon.

Crohn's Disease (CD):

CD can affect any part of the digestive tract from the mouth to the anus. It involves inflammation that extends through the entire thickness of the bowel wall and can occur in patches. Symptoms of CD can include abdominal pain, diarrhea, weight loss, fatigue, and in some cases, complications such as strictures or fistulas.

The exact cause of IBD is not well understood but is believed to involve a complex interplay of genetic, environmental, and immune system factors. Triggers for IBD may include a combination of genetic predisposition, an abnormal immune response, and environmental factors.

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IBD



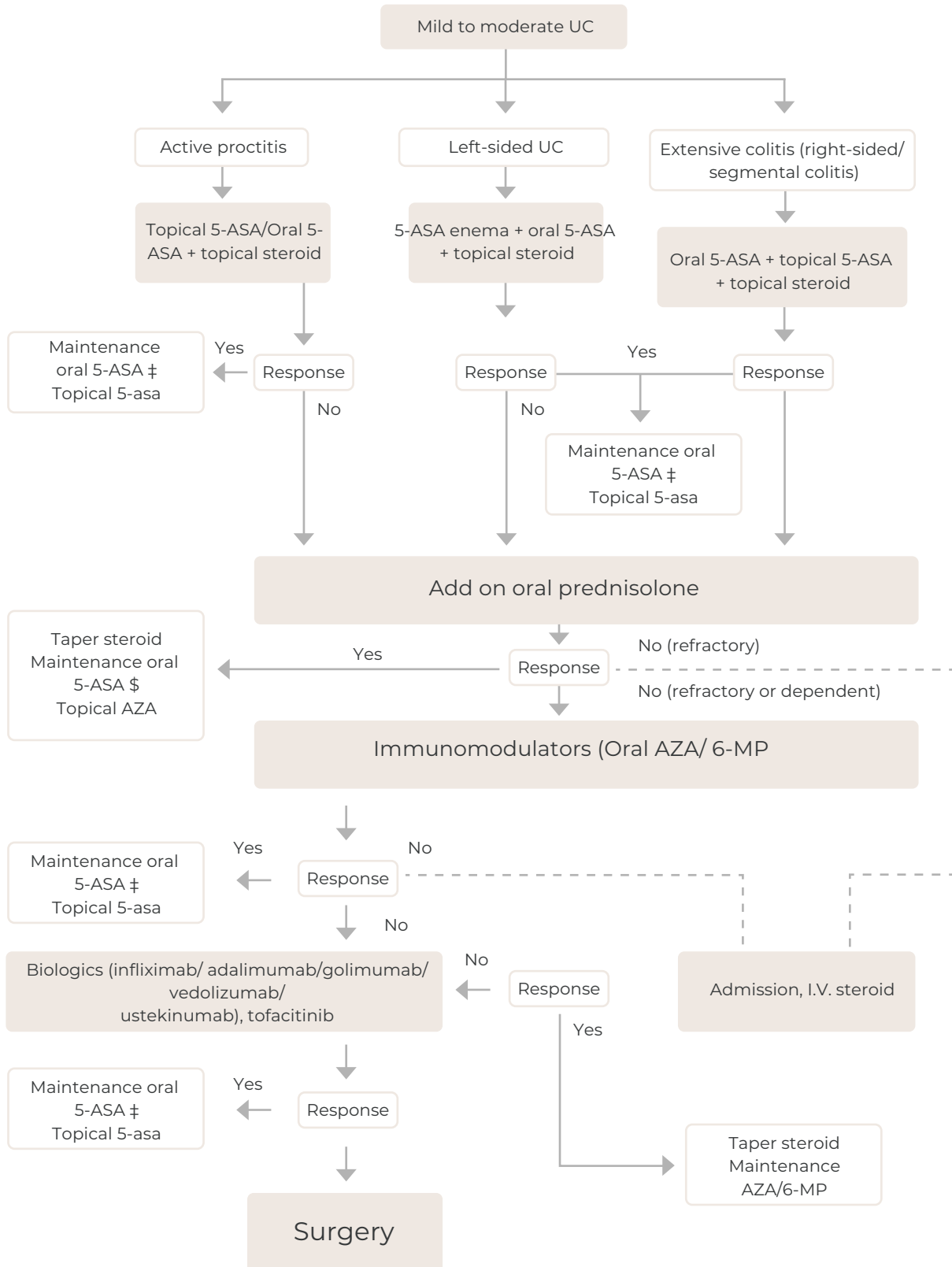
Management of IBD typically involves a combination of medications, lifestyle modifications, and, in some cases, surgery. Medications may include anti-inflammatory drugs, immunosuppressants, biologics, and symptom-specific medications. Lifestyle modifications may involve dietary changes, stress management, and regular exercise.

It's crucial for individuals with IBD to work closely with healthcare professionals, including gastroenterologists, to develop a personalized treatment plan. Regular monitoring and adjustments to the treatment plan may be necessary to manage symptoms and improve the quality of life for those with IBD. In some cases, surgery may be recommended to address complications or improve long-term outcomes.

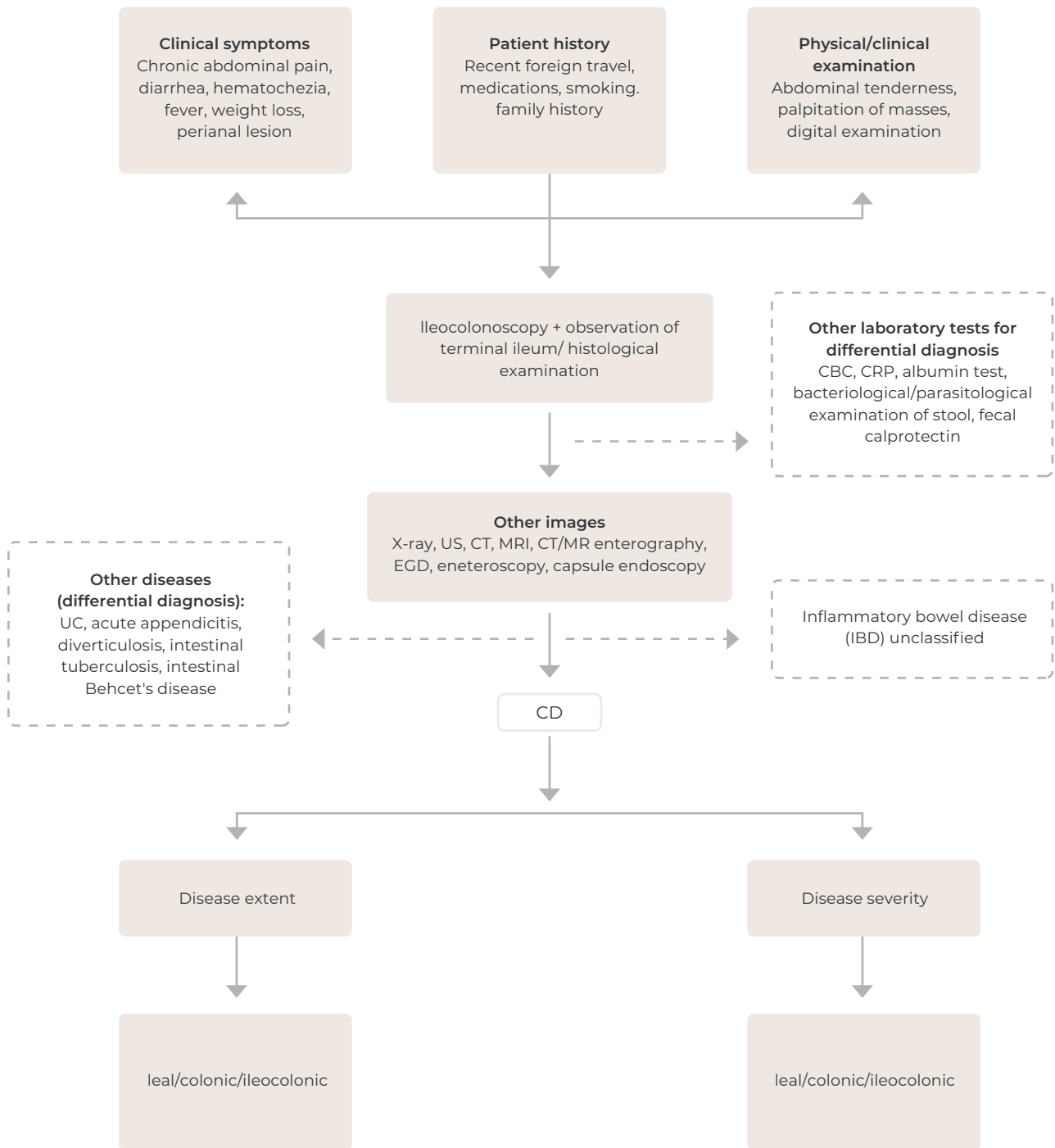
Laboratory monitoring:

No.	Texts	CPT	Frequency
1	Microbiology Culture and Typing Procedures	87045	Upon the onset of symptoms
2	Infectious Agent Antigen Detection C. Difficile	87493	Upon the onset of symptoms
3	GASTROINTESTINAL TRACT IMAGING, INTRALUMINAL (EG, CAPSULE ENDOSCOPY), ESOPHAGUS THROUGH ILEUM, WITH INTERPRETATION AND REPORT	91110	Upon the onset of symptoms
4	MRI scans of the pelvis without and with contrast	72148 & 72158	Upon the onset of symptoms
5	COLONOSCOPY, FLEXIBLE; DIAGNOSTIC, INCLUDING COLLECTION OF SPECIMEN(S) BY BRUSHING OR WASHING, WHEN PERFORMED (Separate Procedure)	87493	Colorectal cancer screening once per year
6	CT scans of the pelvis without and with contrast	72192 & 72193	Upon the onset of symptoms
7	US pelvis	76856	Upon the onset of symptoms
8	Calprotectin, Fecal	83993	Upon the onset of symptoms

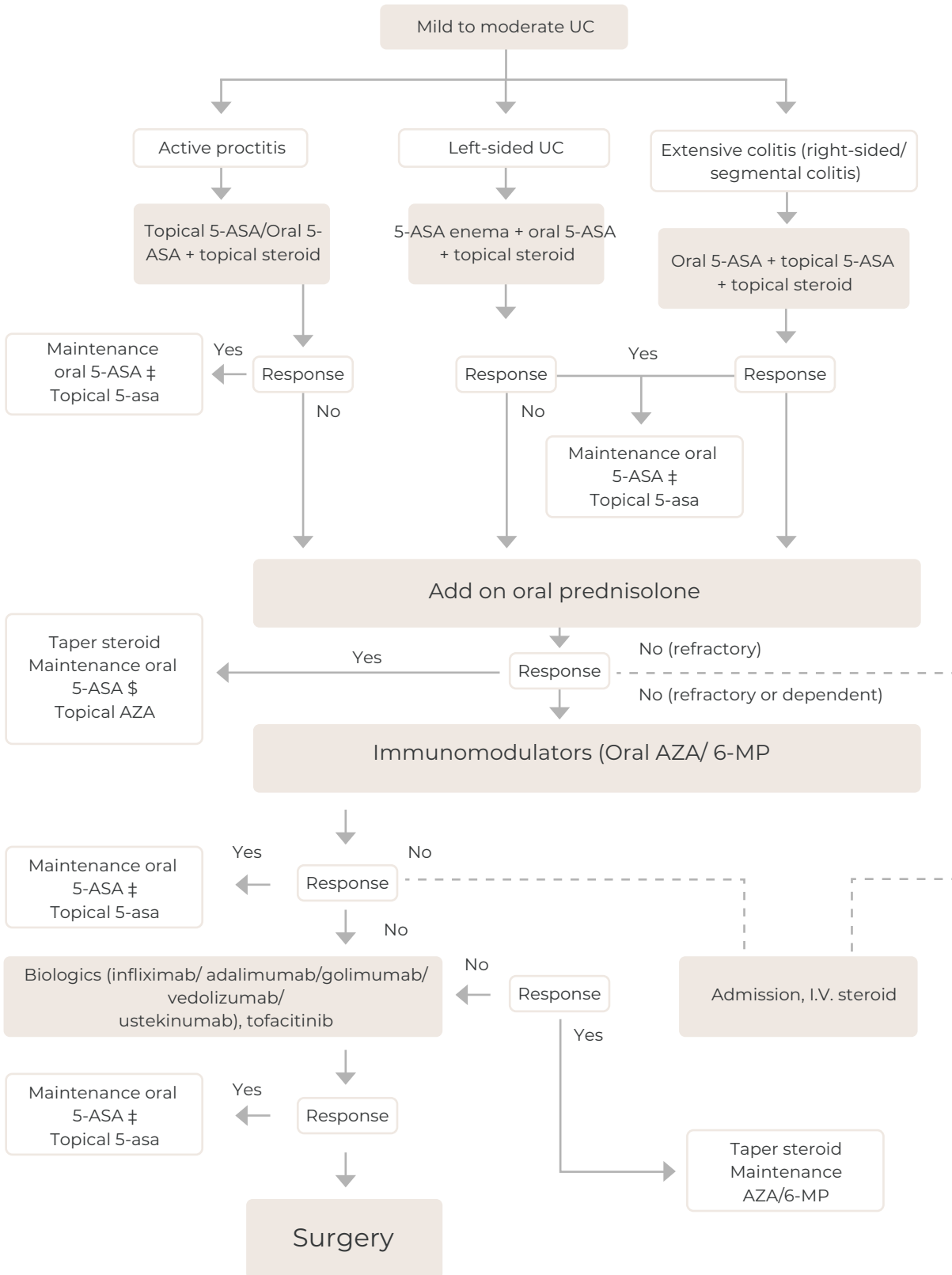
Treatment for Mild to Moderate Active Ulcerative Colitis



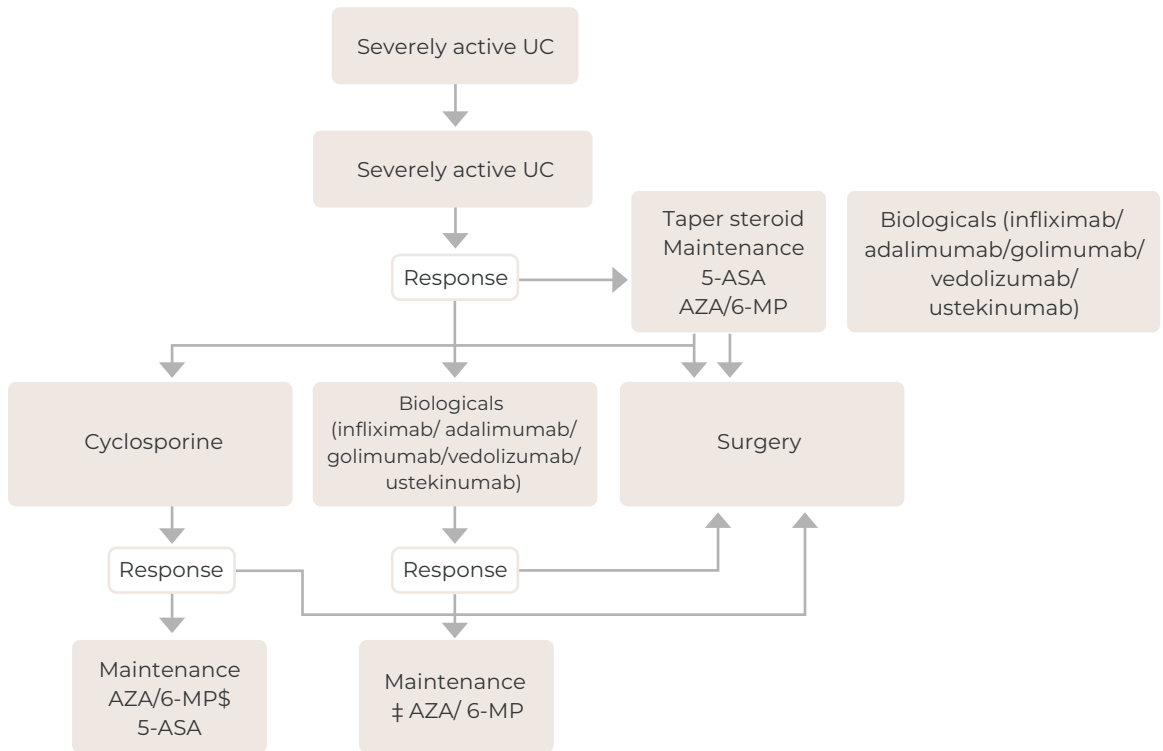
Diagnostic Approach for Crohn's Disease



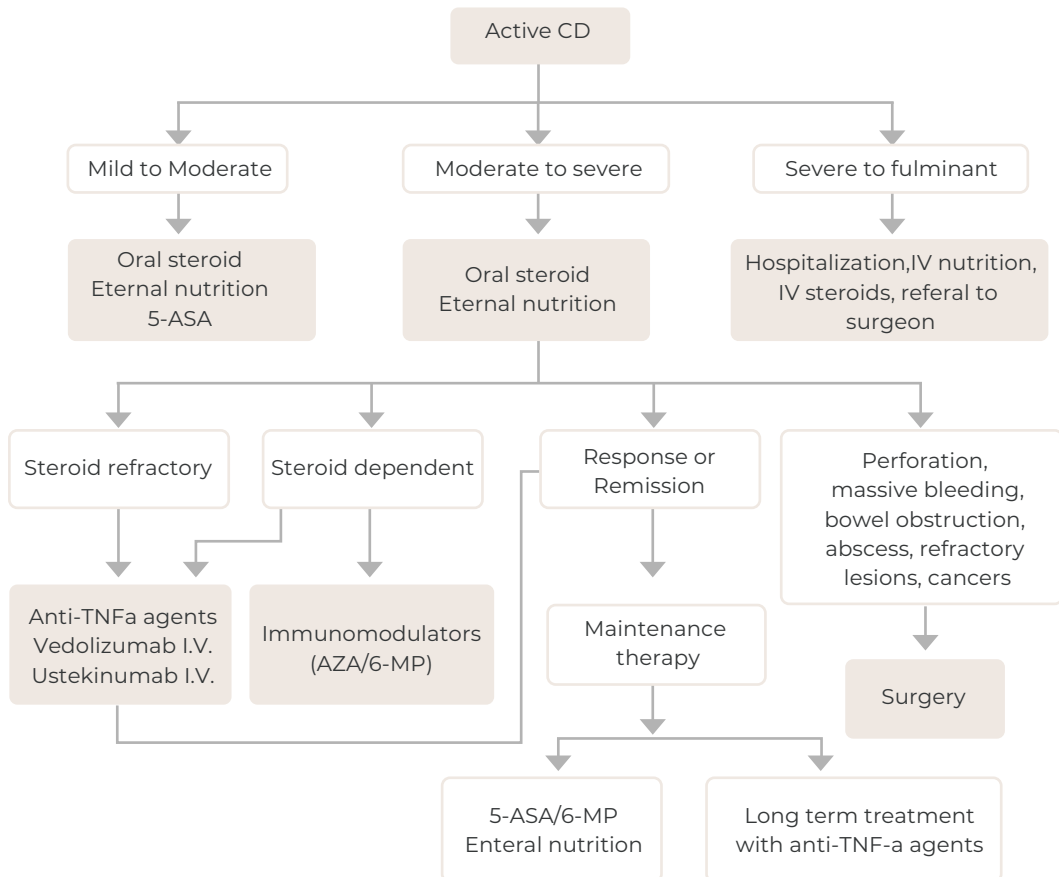
Treatment for Mild to Moderate Active Ulcerative Colitis



Treatment Algorithm for Severe Ulcerative Colitis



Treatment Algorithm for Active Crohn's Disease



IBD

ICD codes

Category	ICD-10 Code	Description
K50	K50	Crohn's disease (regional enteritis)
K50.0	K50.0	Crohn's disease of small intestine with complications
K50.00	K50.00	Crohn's disease of small intestine with complications, unspecified
K50.01	K50.01	Crohn's disease of small intestine with abscess
K50.012	K50.012	Crohn's disease of small intestine with fistula
K50.018	K50.018	Crohn's disease of small intestine with other complication
K50.019	K50.019	Crohn's disease of small intestine with unspecified complications
K50.1	K50.1	Crohn's disease of large intestine
K50.10	K50.10	Crohn's disease of large intestine without complications
K50.11	K50.11	Crohn's disease of large intestine with complications
K50.110	K50.110	Crohn's disease of large intestine with abscess
K50.111	K50.111	Crohn's disease of large intestine with fistula
K50.118	K50.118	Crohn's disease of large intestine with other complication
K50.119	K50.119	Crohn's disease of large intestine with unspecified complications
K50.2	K50.2	Crohn's disease of both small and large intestine
K50.20	K50.20	Crohn's disease of both small and large intestine without complications
K50.21	K50.21	Crohn's disease of both small and large intestine with complications
K50.210	K50.210	Crohn's disease of both small and large intestine with abscess
K50.211	K50.211	Crohn's disease of both small and large intestine with fistula
K50.218	K50.218	Crohn's disease of both small and large intestine with other complication
K50.219	K50.219	Crohn's disease of both small and large intestine with unspecified complications
K50.3	K50.3	Crohn's disease, other
K50.30	K50.30	Crohn's disease, unspecified, without complications
K50.31	K50.31	Crohn's disease, unspecified, with complications
K50.310	K50.310	Crohn's disease, unspecified, with abscess
K50.311	K50.311	Crohn's disease, unspecified, with fistula
K50.318	K50.318	Crohn's disease, unspecified, with other complication
K50.319	K50.319	Crohn's disease, unspecified, with unspecified complications
K51	K51	Ulcerative colitis
K51.0	K51.0	Ulcerative colitis with complications
K51.00	K51.00	Ulcerative colitis, unspecified, with rectal bleeding
K51.01	K51.01	Ulcerative colitis, unspecified, with intestinal obstruction

IBD

ICD codes

Category	ICD-10 Code	Description
K51.011	K51.011	Ulcerative colitis, unspecified, with rectal bleeding and intestinal obstruction
K51.018	K51.018	Ulcerative colitis, unspecified, with other complication
K51.019	K51.019	Ulcerative colitis, unspecified, with unspecified complications
K51.1	K51.1	Ulcerative colitis with rectal bleeding
K51.10	K51.10	Ulcerative colitis with rectal bleeding, unspecified
K51.11	K51.11	Ulcerative colitis with rectal bleeding, with intestinal obstruction
K51.110	K51.110	Ulcerative colitis with rectal bleeding, with rectal bleeding and intestinal obstruction
K51.118	K51.118	Ulcerative colitis with rectal bleeding, with other complication
K51.119	K51.119	Ulcerative colitis with rectal bleeding, with unspecified complications
K51.2	K51.2	Ulcerative colitis with intestinal obstruction
K51.20	K51.20	Ulcerative colitis with intestinal obstruction, unspecified
K51.21	K51.21	Ulcerative colitis with intestinal obstruction, with rectal bleeding
K51.210	K51.210	Ulcerative colitis with intestinal obstruction, with rectal bleeding and intestinal obstruction
K51.218	K51.218	Ulcerative colitis with intestinal obstruction, with other complication
K51.219	K51.219	Ulcerative colitis with intestinal obstruction, with unspecified complications
K51.3	K51.3	Ulcerative colitis with fistula
K51.30	K51.30	Ulcerative colitis with fistula, unspecified
K51.31	K51.31	Ulcerative colitis with rectal bleeding and fistula
K51.311	K51.311	Ulcerative colitis with rectal bleeding and fistula, with intestinal obstruction
K51.312	K51.312	Ulcerative colitis with rectal bleeding and fistula, with abscess
K51.318	K51.318	Ulcerative colitis with rectal bleeding and fistula, with other complication
K51.319	K51.319	Ulcerative colitis with rectal bleeding and fistula, with unspecified complications
K51.32	K51.32	Ulcerative colitis with intestinal obstruction and fistula
K51.320	K51.320	Ulcerative colitis with intestinal obstruction and fistula, unspecified
K51.321	K51.321	Ulcerative colitis with intestinal obstruction and fistula, with rectal bleeding
K51.322	K51.322	Ulcerative colitis with intestinal obstruction and fistula, with abscess
K51.328	K51.328	Ulcerative colitis with intestinal obstruction and fistula, with other complication
K51.329	K51.329	Ulcerative colitis with intestinal obstruction and fistula, with unspecified complications
K51.39	K51.39	Other ulcerative colitis with fistula
K51.4	K51.4	Ulcerative colitis with abscess
K51.40	K51.40	Ulcerative colitis with abscess, unspecified
K51.41	K51.41	Ulcerative colitis with rectal bleeding and abscess

IBD

ICD codes

Category	ICD-10 Code	Description
K51.410	K51.410	Ulcerative colitis with rectal bleeding and abscess, with intestinal obstruction
K51.411	K51.411	Ulcerative colitis with rectal bleeding and abscess, with fistula
K51.418	K51.418	Ulcerative colitis with rectal bleeding and abscess, with other complication
K51.419	K51.419	Ulcerative colitis with rectal bleeding and abscess, with unspecified complications
K51.5	K51.5	Ulcerative colitis with perforation
K51.50	K51.50	Ulcerative colitis with perforation, unspecified
K51.51	K51.51	Ulcerative colitis with rectal bleeding and perforation
K51.510	K51.510	Ulcerative colitis with rectal bleeding and perforation, with intestinal obstruction
K51.511	K51.511	Ulcerative colitis with rectal bleeding and perforation, with fistula
K51.512	K51.512	Ulcerative colitis with rectal bleeding and perforation, with abscess
K51.518	K51.518	Ulcerative colitis with rectal bleeding and perforation, with other complication
K51.519	K51.519	Ulcerative colitis with rectal bleeding and perforation, with unspecified complications
K51.52	K51.52	Ulcerative colitis with intestinal obstruction and perforation
K51.520	K51.520	Ulcerative colitis with intestinal obstruction and perforation, unspecified
K51.521	K51.521	Ulcerative colitis with intestinal obstruction and perforation, with rectal bleeding
K51.522	K51.522	Ulcerative colitis with intestinal obstruction and perforation, with fistula
K51.523	K51.523	Ulcerative colitis with intestinal obstruction and perforation, with abscess
K51.528	K51.528	Ulcerative colitis with intestinal obstruction and perforation, with other complication
K51.529	K51.529	Ulcerative colitis with intestinal obstruction and perforation, with unspecified complications
K51.6	K51.6	Ulcerative colitis with intestinal obstruction
K51.60	K51.60	Ulcerative colitis with intestinal obstruction, unspecified
K51.61	K51.61	Ulcerative colitis with rectal bleeding and intestinal obstruction
K51.610	K51.610	Ulcerative colitis with rectal bleeding and intestinal obstruction, with fistula
K51.611	K51.611	Ulcerative colitis with rectal bleeding and intestinal obstruction, with abscess
K51.618	K51.618	Ulcerative colitis with rectal bleeding and intestinal obstruction, with other complication
K51.619	K51.619	Ulcerative colitis with rectal bleeding and intestinal obstruction, with unspecified complications
K51.62	K51.62	Ulcerative colitis with fistula and intestinal obstruction
K51.620	K51.620	Ulcerative colitis with

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