



PATIENT HANDOUT

The IBD Emergency Kit

What to keep at home, at work and on the go, so a flare doesn't catch you unprepared

Vance Medical Ltd provides general information and community support for people affected by gastrointestinal conditions. It is not medical advice and is not a substitute for the care of your own healthcare team. Nothing on this site should be used to diagnose or treat a health problem or disease. Always speak to your GP, pharmacist, dietitian or other qualified healthcare professional before making changes to your diet, medication or treatment, and with any questions about a medical condition. If you think you may have a medical emergency, call 999 or NHS 111 straight away.

The IBD Emergency Kit

What to keep at home, at work and on the go, so a flare doesn't catch you unprepared

A flare rarely waits for a convenient moment. Having the basics already in place, at home, in your bag and in the car, means less scrambling and more managing when it actually happens.

YOUR BASE KIT

At Home

- An adequate supply of your regular medication, with a small reserve kept separate from your everyday supply where your prescription and storage requirements allow
- Oral rehydration sachets, useful for frequent diarrhoea, not just flares
- Paracetamol is generally preferred for pain relief. NSAIDs such as ibuprofen may worsen symptoms or trigger flares in some people with IBD, so check with your healthcare team before using them
- Wipes, spare underwear and a change of clothes kept together in one bag
- A thermometer, so you can tell your team a number rather than a guess

FOR THE DAYTIME HOURS

At Work or School

- A change of clothes and wipes in a drawer or locker, out of sight but within reach
- Any medication you need to take during the day, with enough for a longer day than planned
- A Can't Wait Card, which can help you get faster access to a toilet without a long explanation
- A snack that sits well with you, for the days meals get disrupted

Worth arranging in advance

Knowing where the nearest accessible toilet is, and telling one colleague or trusted person what to do if you need to leave suddenly, both save time when it matters.

FOR WHEN YOU'RE OUT

In the Car or Your Bag

- A small first-aid style pouch: wipes, a spare pad or liner, a plastic bag for soiled clothing
- A RADAR key, which opens most UK disabled and accessible toilets without waiting for staff
- A printed or saved copy of your diagnosis and current medication list
- Water and a rehydration sachet, kept somewhere that won't freeze or overheat

THE DIGITAL COPY

On Your Phone

Paper gets left behind; a phone usually doesn't. Worth having saved somewhere you can find quickly:

Keep saved	Why
Your IBD team's phone number	So you're not searching for it while unwell.
Current medication and doses	Needed by any pharmacist, GP or A&E; you see who isn't your usual team.
Allergy and diagnosis details	The same details your Health Record already holds in one place.
A photo of your travel letter, if you have one	Useful even outside travel; it summarises your condition at a glance.

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Quick-Grab Checklist

Home	Work or school	Car or bag
– Spare medication – Rehydration sachets – Paracetamol – Wipes and spare clothes – Thermometer	– Spare clothes and wipes – Daytime medication – Can't Wait Card – A safe snack	– First-aid pouch – RADAR key – Diagnosis and medication list – Water and a rehydration sachet

GO FURTHER

More Support From VanceHealthHub

- **Health Record:** keep your diagnosis, medication and allergy details in one private place
- **Your IBD Travel Checklist:** the longer-trip version of this kit, for flights and holidays
- **The IBD Flare Survival Guide:** what to do once a flare has actually started
- **VANCE-Ai:** a starting point for questions between appointments, not a substitute for your care team

None of these replace your GP, gastroenterologist or dietitian, and nothing on VanceHealthHub should be used to diagnose or treat a condition.

THE EVIDENCE BEHIND IT

References

Crohn's & Colitis UK · Guts UK

1. Crohn's & Colitis UK. Flare-ups, ed 2, 2023.
2. Crohn's & Colitis UK. RADAR key and Can't Wait Card, membership benefits.
3. Lamb CA, et al. British Society of Gastroenterology consensus guidelines on the management of inflammatory bowel disease in adults. Gut, 2019;68(Suppl 3):s1-s106.

Medical disclaimer: general information only, not a substitute for advice from your own healthcare team. For a life-threatening emergency, call 999 or go to A&E. If you need urgent medical advice and it isn't an emergency, contact NHS 111.

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