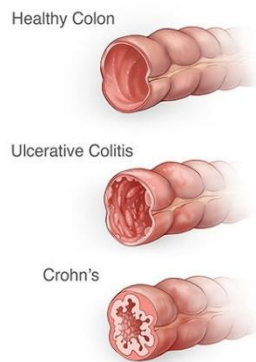


Treatment Overview for Inflammatory Bowel Disease

When a child or adolescent is diagnosed with [inflammatory bowel disease](#) (IBD), the entire family is affected. That's why at CHOC, we provide specialized IBD treatment and care.



IBD, which includes Crohn's disease and ulcerative colitis, is a chronic inflammatory disease of the gastrointestinal tract. The immune system works as a network of cells and tissues to defend the body from infection. In inflammatory diseases, like IBD, problems with the immune system cause the body's antibodies and immune cells to mistake its own healthy cells as invaders. The immune system cells then attack the body's healthy cells, causing swelling or inflammation that can negatively impact a child's quality of life.

In both Crohn's disease and ulcerative colitis, children have periods of no symptoms (remission) alternating with periods of inflammatory symptoms (flare).

The treatment for IBD is complex and may be different for every child. The main goals of medical treatment are to:

- Relieve symptoms
- Prevent flares
- Heal the intestine
- Keep your IBD in remission

Biologics for Inflammatory Bowel Syndrome

Biologics medications created from living organisms. Some other medications used for IBD which suppress the whole immune system. Biologics only work on specific proteins and enzymes in your body that cause inflammation.



Specialty IBD Medications at CHOC

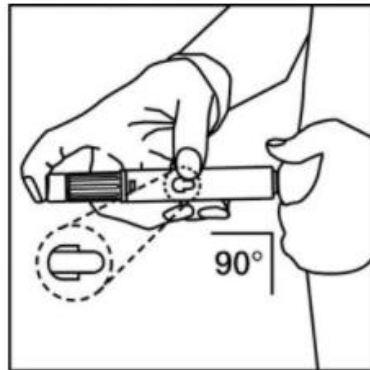
HUMIRA™ (adalimumab)

Medication guide:

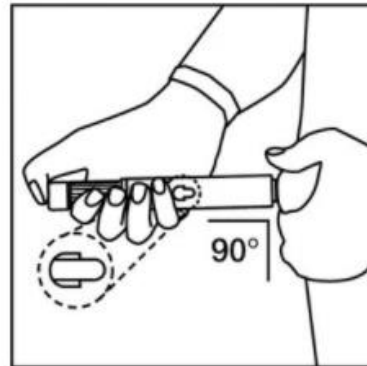
www.rxabbvie.com/pdf/humira_medguide.pdf

How to give:

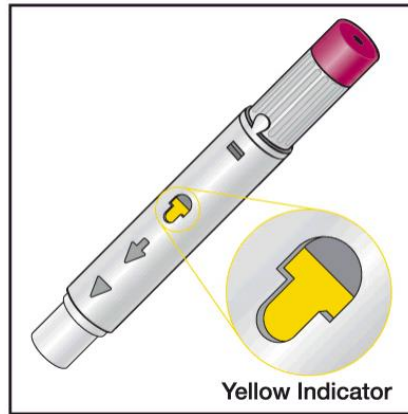
1. Wash your hands before injecting Humira
2. Clean the skin at and around the injection site
 - Stomach (avoid 2 inches around the navel)
 - Front of thighs
3. With your free hand, gently grasp or pinch a large area of the skin at the injection site and hold firmly for the entire injection procedure.
4. Position the white end of the pre-filled pen at a right angle (90 degrees) to the skin, so that you can see the window. One or more bubbles in the window is normal.
5. Holding the barrel of the pre-filled pen, press down slightly onto the injection site (holding in place without moving), but do not press the plum colored end until ready for injection.
6. With your index finger or your thumb, press the plum colored button on top once you are ready to begin the injection. You will hear a loud “click” as the needle is released, and your child will feel a small prick as the needle advances.



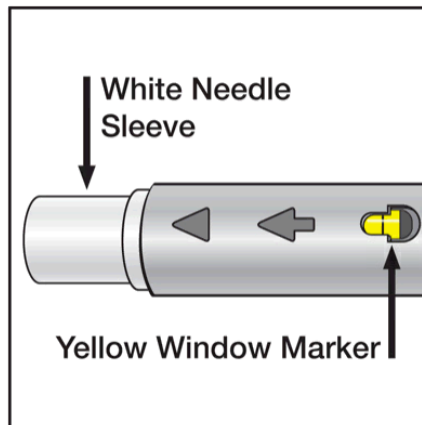
OR



7. Keep pressing and continue to hold the pen with steady pressure for about 10 seconds to ensure a complete injection. Do not remove the pen while the injection is being given.
8. You will see a yellow indicator move into the window during the injection. The injection is complete when the yellow indicator stops moving.



9. Lift the pen straight up from the injection site. The white needle sleeve will move down over the needle and lock into place over the needle tip. **Do not** try to touch the needle. The white needle sleeve is there to protect you from touching the needle.



- You may notice a spot of blood at the injection site. You can press a cotton ball or a piece of gauze over the injection site for 10 seconds.
- Do NOT rub the injection site.

STELARA™ (ustekinumab®)

Medication guide:

www.janssenlabels.com/package-insert/product-patient-information/STELARA-medication-guide.pdf

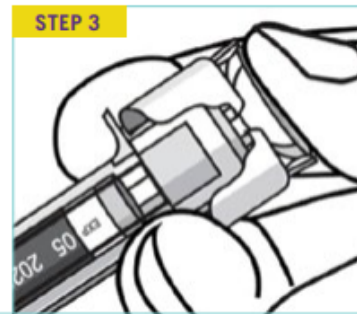
How to give this medication:

Instructions for Administration of STELARA® Prefilled Syringes Equipped With Needle Safety Guard

Refer to the diagram to the left for the provided instructions.

To prevent premature activation of the needle safety guard, do not touch the NEEDLE GUARD ACTIVATION CLIPS at any time during use.

1. Hold the BODY and remove the NEEDLE COVER. Do not hold the PLUNGER or PLUNGER HEAD while removing the NEEDLE COVER or the PLUNGER may move. Do not use the prefilled syringe if it is dropped without the NEEDLE COVER in place.
2. Inject STELARA® subcutaneously as recommended.
3. Inject all of the medication by pushing in the PLUNGER until the PLUNGER HEAD is completely between the needle guard wings. **Injection of the entire prefilled syringe contents is necessary to activate the needle guard.**



4. After injection, maintain the pressure on the PLUNGER HEAD and remove the needle from the skin. Slowly take your thumb off the PLUNGER HEAD to allow the empty syringe to move up until the entire needle is covered by the needle guard.



5. Used syringes should be placed in a puncture-resistant container.

Patient Resources

CHOC Pediatric Inflammatory Bowel Disease Program: www.choc.org/ibd

Pediatric IBD Foundation: <https://pedsibd.org/>

KidsHealth: <https://kidshealth.org/en/parents/ibd.html>