



# Day care hospital internal medicine: infusion unit

patient information

INTRODUCTION	3
MULTIDISCIPLINARY TEAM	4
WHAT IS IBD?	4
Crohn's disease	
Colitis ulcerosa	
Diagnosis and cause	
WHAT DOES A DAY CARE ADMISSION LOOK LIKE?	6
Signing in and out	
Therapy progress	
Worth knowing	
PRACTICAL INFORMATION	8
Appointments	
Mynexuzhealth	
Questionnaires	
Parking	
Hospitalisation cover	
POINTS OF ATTENTION	12
Vaccinations	
Desire to have children	
TOILET PASS	14

This brochure contains more information about your day care admission on the infusion unit.

The unit is part of the internal medicine and geriatrics day care hospital, where various disciplines are housed. The day care hospital will be further expanded in the future.

The unit is located in the brown street, gate 6, level 4.

## MULTIDISCIPLINARY TEAM

You will be followed up on our unit by a multidisciplinary team consisting of:

- doctors
- nurses
- IBD nurses
- dieticians
- psychologists
- abdominal surgeons
- study team
- logistics employees

## WHAT IS IBD?

IBD stands for *inflammatory bowel diseases* which is a collective term. [Crohn's disease](#) and [ulcerative colitis](#) are the most common chronic inflammatory bowel diseases.

## CROHN'S DISEASE

Crohn's disease is a chronic inflammatory bowel disease that can affect the entire gastrointestinal system, but usually occurs in the last part of the small intestine and/or colon.

The most common symptoms are:

- chronic diarrhoea
- loss of weight
- fatigue
- joint pain
- skin lesions

## ULCERATIVE COLITIS

Ulcerative colitis is an inflammation of the mucous membrane at the level of the inner layer of the colon. This inflammation always starts in the rectum and can spread throughout the colon.

The most common symptoms are:

- bloody diarrhoea
- abdominal pain
- loss of weight
- joint pain
- skin lesions

## DIAGNOSIS AND CAUSE

Both diseases can be diagnosed by a coloscopic examination, possibly complemented by MR enterography.

The causes of both Crohn's disease and ulcerative colitis are as yet unknown. We do know that the immune system reacts incorrectly against the normal intestinal bacteria.

A healthy lifestyle and sufficient exercise are strongly encouraged.

# WHAT DOES A DAY CARE ADMISSION LOOK LIKE?

## SIGNING IN AND OUT

- ✓ Report to the Admissions Desk at the hospital reception (access East) with your identity card. The receptionist provides you with an identification bracelet and the location of the unit.
- ✓ When you arrive at our unit, sign in at the reception desk. The receptionist registers your arrival and will ask you to take a seat in the waiting room until the nurse calls you.
- ✓ The nurse will assign you a seat for the infusion therapy.
- ✓ When the infusion therapy is over and the nurse has come round for a check-up, you can go home. Please sign out at the reception.

## THERAPY PROGRESS

Before the infusion therapy the following parameters are checked:

- body weight
- blood pressure and pulse
- blood samples
- any complaints

If you feel well, the infusion therapy is immediately prepared and started.

However, if you have complaints, the ward doctor may prefer to wait for the results of the blood test before starting therapy. You can also consult the ward doctor if you have complaints. Be sure to talk to the nurses on the ward about this.

After the infusion therapy, your blood pressure and pulse are checked again.

If everything is fine, you may leave the day care hospital after the infusion therapy. Do not forget to sign out at the reception.

Your blood results will be automatically checked by the ward doctor each time - even if you feel well - and you will be contacted in case of an abnormal value.

## WORTH KNOWING

An empty stomach is **not** necessary for your day care admission at the infusion unit, unless the doctor expressly told you.

Depending on the infusion therapy you may spend several hours in the day care hospital in which case you will be offered a **bread-based** meal.

You may be given an **additional infusion or injection** during your day care admission. This will be decided on the day itself. Frequently administered medications are vitamin B12 (injection), iron (infusion) and vaccinations.

The **toilet** is in the treatment rooms and next to the visitor lifts.

At peak times your appointment may run late. We apologise in advance for the inconvenience. Please take this into account when scheduling other appointments on the day of your admission.

## PRACTICAL INFORMATION

### APPOINTMENTS

A consultation on the same day as the infusion therapy can be combined. Always schedule a couple of appointments ahead. This avoids long waiting periods and allows you to follow the therapy administration schedule at the correct intervals.

**Are you unable to attend your appointment, are you ill or arriving later than schedule?**

Contact us as soon as possible.

You can reach us every weekday between 8 a.m. and 5 p.m. on 016 34 45 26.

### CONTACT IBD NURSES

You can contact the IBD nurses:

- by telephone: 016 34 06 21 (every working day between 10 a.m. and noon)
- by email: [ibdnurse@uzleuven.be](mailto:ibdnurse@uzleuven.be)



## MYNEXUZHEALTH

You can always access your medical record via mynexuzhealth's secure website or app. Mynexuzhealth is the most commonly used patient platform in Belgium, thanks to a collaboration between almost 40 Flemish hospitals and healthcare facilities. Your medical record is shared across all these healthcare facilities. You will find a complete overview of your medical record on mynexuzhealth, such as reports of consultations, appointments, invoices, radiological images, lab results, etc.

## QUESTIONNAIRES

For certain care programmes we ask you to complete and return a questionnaire. Your answers allow the care providers to provide the best possible care in the follow-up of your IBD. If you have an appointment at the hospital, you will be notified a **few days before the appointment** to complete the questionnaire. You receive this notification before every consultation, endoscopy, appointment at the infusion unit and after an admission at the emergency department

Apart from your visits to the hospital, a new questionnaire is sent **every three months**. Your answers allow you to evaluate the impact of the disease on your quality of life and help doctors to make a better evaluation of the outcome of your treatment.

It is not always easy to correctly describe the symptoms you have experienced at home to a doctor or nurse later on. The activity of your disease, but also its effect on your psychosocial well-being and

your professional activities, may vary from day to day. However, it is very important that your care providers are aware of the activity of your disease just before you come to the hospital and between hospital visits. This enables us to offer you the best possible treatment.

You can also use these questionnaires to request prescriptions or certificates. Complete this questionnaire at least three working days before your appointment so that the requested documents are ready when you arrive at the department.



Do you want to know more about mynexuzhealth? Request the brochure or visit [www.uzleuven.be/en/mynexuzhealth](http://www.uzleuven.be/en/mynexuzhealth).

## PARKING

Free parking is possible when a patient often has to come to the hospital as part of a chronic condition or long-term treatment. However, this does not apply to IBD patients when they have an appointment at the day care hospital. You are, however, entitled to the care rate (for 24 hours).

### How much is the care rate?

Parking time	Care rate
Less than 30 minutes	Free
30 minutes to 1 hour	€ 2
from 1 to 2 hours	€ 4
from 2 to 24 hours	€ 6

Note: the aforementioned rates have been in force since 3 June 2024. Any changes to the care rate are available on <https://www.uzleuven.be/en/contact/gasthuisberg/parking-gasthuisberg-campus>.

More information on parking at UZ Leuven is also available from the receptionists at reception or the unit.

## HOSPITALISATION INSURANCE

Inform your hospitalisation insurance of your appointment at the day care hospital (day admission). For more information, please ask the receptionists at reception or the unit.

# POINTS OF ATTENTION

## VACCINATIONS

Patients with inflammatory bowel disease should protect themselves as much as possible against infections. This can be done with the help of vaccinations. It is best to discuss with your doctor when these vaccines can be administered.

A distinction is made between **inactivated vaccines** and **active, attenuated vaccines**. An active, attenuated vaccine may not be administered if you are taking immunosuppressant medication (e.g. Medrol®, azathioprine, biological therapies) because your immunity is reduced and the vaccine may in fact cause the infectious disease it is supposed to protect against. Preferably, this type of vaccine is administered before starting therapy.

Inactivated vaccines can be administered at all times.

### Inactivated vaccines

- Flu (influenza)
- Pneumococcal disease
- Hepatitis A and B
- Tetanus
- Human papillomavirus (HPV)
- Shingles

## Active attenuated vaccines

Administration before the start of the maintenance therapy or at least three months after the maintenance therapy. In the case of steroids, the vaccine may be administered at least one month after this therapy.

- Yellow fever
- Chickenpox
- Mumps, measles, German measles

## DESIRE TO HAVE CHILDREN

There is no reason IBD patients should not get pregnant. Please discuss this first with your doctor and gynaecologist. It is important that your disease is under control if you want to get pregnant.

If a flare-up occurs during pregnancy, treatment must be started immediately. Most medication is safe for mother and child and can therefore be administered during pregnancy without risk. There are some exceptions, but your doctor can monitor them.

## TOILET PASS

For patients with inflammatory bowel disease, it is often difficult to retain stool. That is why IBD patients can apply for a toilet pass, which allows them to go to the toilet quickly, discretely and free of charge in many catering businesses and shops. The document also contains an English- and French-language message which means it can also be used abroad.

The toilet pass application form is available at the infusion unit and from the IBD nurses. Request the form and ask the doctor to complete it. Complete your personal details and add a recent passport photo. Send this completed form to the CCV-vzw (Crohn Colitis Ulcerosa Association), by post or digitally:

- Address:  
CCV-vzw  
Egelvoortstraat 3  
2970 Schilde
- Email: [ccv.vzw@outlook.com](mailto:ccv.vzw@outlook.com)

You pay a small fee to the CCV-vzw for the toilet pass. The toilet pass is free for association members. Concrete payment information can be found on the application form.





© January 2025 UZ Leuven

Duplication of this text and these illustrations shall always be subject to prior approval of the UZ Leuven Communications Department.

#### Design and Production

This text was composed by the IBD nurses in conjunction with the Communications Department.

This brochure is also available at [www.uzleuven.be/en/brochure/701594](http://www.uzleuven.be/en/brochure/701594).

Comments or suggestions pertaining to this brochure can be submitted via [communicatie@uzleuven.be](mailto:communicatie@uzleuven.be).

Published by  
UZ Leuven  
Herestraat 49  
3000 Leuven  
tel. 016 33 22 11  
[www.uzleuven.be](http://www.uzleuven.be)

 mynexuzhealth



Consult your medical dossier  
via [nexuzhealth.com](http://nexuzhealth.com)  
or download the app.

