

Inflammatory Bowel Disease Standardized Care Protocols

Title: INITIATION OF IMMUNOMODULATORS (Thiopurines and Methotrexate)

Objective: Appropriate initiation and use of immunomodulators (thiopurines and methotrexate)

Patient population: Individuals with a known diagnosis of IBD

IBD Provider:

1. Prior to starting an immunomodulator, it is important to remember that patients may need to switch to a different immunomodulator or require biologic therapy. Therefore, consider TPMT testing, EBV IgG screening and a biologic work up including viral serologies (with appropriate vaccinations thereafter), CXR, TBST (or QuantiFERON) in all patients.
2. At the time of the medication initiation appointment, the patient is to be given:
 - A patient information sheet and instructions for taking the medication - Thiopurines ([#1](#), [#2](#), [#3](#)); Methotrexate ([#4](#), [#5](#)) ([PACE QPI 22,23](#))
 - Bloodwork requisitions:
 - A new start immunomodulator lab requisition to be done every week for 4 weeks ([#6](#)), monthly for the first 6 months, then 3-monthly thereafter. This should include CBC, CRP, liver biochemistry, albumin +/- electrolytes and creatinine ([#7](#)). ([PACE QPI 12](#))
 - 6-TG and 6-MMP levels to be done at 3 months (physician discretion) ([#8](#) & [#9](#))
 - Collection kit for fecal calprotectin at baseline, 3 months, 6 months, and then 6-monthly thereafter ([#10](#)).
3. After the patient has been on an immunomodulator for 3 months, assess for clinical, biochemical (including fecal calprotectin response). ([#11](#)) ([#12](#)). ([PACE QPI 15](#))
4. If there is inadequate response (including the inability to wean corticosteroids), consider dose optimization (+/- with the assistance of 6-TG, 6-MMP levels), or switch to an alternative therapy. **See Therapy decision protocols**
5. Skin cancer surveillance to be performed by family physician or dermatologist on an annual basis.

Support Staff:

1. Arrange a follow-up assessment (phone/clinic visit/telehealth) clinic appointment in 3-4 months.