



January 01, 2025

Dear Colleague

I would like to inform you that our **Preconception and Pregnancy in Inflammatory Bowel Disease consultation and research clinic** at Mount Sinai Hospital, Toronto, ON is open for referrals for patients with IBD who are considering pregnancy, or who are pregnant. People with chronic illnesses, such as inflammatory bowel disease (IBD), often have difficulties making decisions regarding family planning and pregnancy, due to many concerns and questions regarding the potential impact of the IBD or IBD therapies on their pregnancy and future children.

The purpose of this clinic is to provide a consultation service to address patient and physician concerns regarding reproduction in IBD, to research the interactions of IBD and pregnancy, and to find better ways to optimize the management of IBD during this important time of a person's life. We offer a concurrent care model (patient continues to follow with their long-term gastroenterologist) or can do primary IBD management during this time-period. We are also a multidisciplinary program with the Special Pregnancy Program obstetricians and with our Colorectal IBD surgeons (if needed).

This specialized clinic will provide the following clinical services:

- **personalized and tailored patient education regarding IBD and IBD therapies on fertility, pregnancy, and breastfeeding**
- **detailed close clinical IBD monitoring and recommended management of IBD during pre-conception, pregnancy, peri-partum, and post-partum time periods**
- **liaison and assistance with referrals with high-risk obstetrics and maternal-fetal medicine**
- **access to IBD resources (e.g. patient support groups, dietician referrals)**
- **remote clinical monitoring (e.g. TELEhealth visits)**

If your patient consents, they will also be enrolled in one or more of the Mount Sinai Hospital ethics-approved research studies led by Mount Sinai Hospital clinicians.

If you have any questions, please contact (416) 586-4800 ext 2475 or Preg.IBD@sinaihealth.ca.

To make a referral, please fax the attached form to (647-360-7781) please note NEW fax number as of Sept 2023 or email Preg.IBD@sinaihealth.ca.

For more information on the Preconception and Pregnancy in IBD clinical research program please go to <http://pregnancy.ibdclinic.ca>.

Sincerely,



Vivian W. Huang
Mount Sinai Hospital
Director, Preconception & Pregnancy IBD Clinic



**Mount Sinai
Hospital**

Sinai Health System
Joseph & Wolf Lebovic
Health Complex



MSH IBD Centre
600 University Avenue
Toronto, Ontario, Canada M5G 1X5
T 416-586-4800 ext 2475
F 647-360-7781
<http://pregnancy.ibdclinic.ca>

PRECONCEPTION and PREGNANCY in INFLAMMATORY BOWEL DISEASE

Consultation and Research Clinic

Please fax referral form to: 647-360-7781 (note new fax #)
Or email to: Preg.IBD@sinaihealth.ca

REFERRING PHYSICIAN INFO

NAME: _____
PRAC ID: _____
SPECIALTY: _____
PHONE: () _____
FAX: () _____

PATIENT INFO

FIRST NAME: _____
LAST NAME: _____
PHN/OHIP: _____ Version: _____
DOB: (DD/MM/YY): ____/____/____
Address: _____
Phone: () _____ Email: _____

REASON FOR REFERRAL

(please describe in the free text box, or fill out the check boxes)

- ☐ Education and counseling
☐ Assistance liaising with OB/GYN, MFM

- ☐ Concurrent management throughout pregnancy
☐ Second opinion or transfer of care

GESTATIONAL STATUS

- ☐ Pre-conception
☐ Pregnant EDD = _____
(DD/MM/YYYY)
☐ 1st trim. = ____ wks
☐ 2nd trim. = ____ wks
☐ 3rd trim. = ____ wks

Is this a multifetal gestation?

- ☐ Yes
☐ No

IBD HISTORY

Diagnosis

- ☐ Crohn's Disease
☐ Ulcerative Colitis
☐ Indeterminate
☐ Other (e.g. pouch, ileostomy): _____

IBD meds: _____

FLARING? Yes No Unsure

Lab work? Hgb: _____ CRP: _____ FCP: _____

PLEASE ensure to include copies of laboratory tests, investigations, and recent consultations.

The clinic is open for the referral of patients with IBD who are considering pregnancy or who are pregnant. This is a **concurrent care** consultation and research clinic – patients who have a primary gastroenterologist continue to remain under their care, unless otherwise requested.