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TREATMENT PLAN FOR :

Stephanie Creber

Date: 6/6/25

Health Goals	<ol style="list-style-type: none">1. Prevent any further discomfort whilst waiting for capsule endoscopy.2. Maintain healthy formed bowel movements by taking PHGG.3. Reduce reflux symptoms by taking slippery elm capsules.4. Await capsule endoscopy to confirm diagnosis- call SJOG admission to find out category/time to wait.
Diet	<ul style="list-style-type: none">- Maintain current diet of meat/steak/eggs/avo <p>It's not exciting but it does have a lot of quality nutrients.</p> <ul style="list-style-type: none">- Maintain hydration- Perhaps eliminate sugar from coffee
Lifestyle	<ul style="list-style-type: none">- Consider where you can make room in your life to reduce you stress – is it work, is it selling the camper, is it asking for help from friends or family?
Barriers	<ul style="list-style-type: none">- Waiting for endoscopy
Referral/Investigations	<ul style="list-style-type: none">-
Prescription	<ul style="list-style-type: none">- Slippery Elm capsules 1-2 before each meal- PHGG 0.5 up to 1 scoop 1 or 2 times per day as tolerated- Kava as directed on bottle. To relax muscles, provide mild sedation and stress relief. Safe to take along side or alternately with NervaCalm.
Recipes:	

Other	
	Additional Notes: <ul style="list-style-type: none"> - Discussed management options while awaiting definitive diagnosis. - Discussed pros and cons of treating presumptively for IBD versus waiting for diagnosis. - Advised will provide ongoing support during maternity leave (due 18/07/2025) via telehealth if needed. - Will create comprehensive treatment plan once diagnosis confirmed. <p>If IBD/Crohn's/Colitis confirmed we can start aggressive anti-inflammatory treatment (herbal), followed by gut restoration once inflammation is significantly reduced.</p>

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.