

Johnson & Johnson
Innovative Medicine



The Gastro Journey Guide

A conversation guide for
people living with IBD

For people living with
Crohn's disease or ulcerative colitis

GCC Edition • 2026

For patient education only.



Before you begin

This guide is here to help you understand inflammatory bowel disease (IBD), prepare questions, and have clearer conversations with your healthcare professional.



Educational only

This guide is provided for educational purposes only. It does not replace professional medical advice, diagnosis, or treatment.



Use it with your care team

Bring your notes, questions, and any important information to your appointments. This can help you and your healthcare professional work together on the best plan for you.



Your situation is personal

Symptoms, test results, and treatment goals can differ from person to person. What matters most is finding the right approach for you.



Always talk with your healthcare professional about your condition, test results, treatment, or any changes in your care.



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How to use this guide

This guide is designed to support you at every step of your IBD journey. Use it in the way that works best for you.



Start anywhere

You can read the guide in order or return to the pages that matter most to you.



Write in it

Use the worksheets to record your symptoms, questions, test results, medicines, and appointment notes.



Bring it with you

Take the relevant pages to your healthcare appointments to help you and your care team have better conversations.



Use it over time

Your questions, goals, and needs may change. Come back to the guide as your journey continues.



This guide works best
when it supports real conversations
with your healthcare professional.



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The Gastro Journey Guide

Your IBD journey at a glance

Living with IBD is a journey. This guide is here to help you take each step with more clarity and confidence.

Here are the **six key stages** we'll explore together.



You are not alone.

With the right information and support, you can take control of your journey.



Use this guide

Come back to it, write in it, and make it part of your ongoing journey.



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STAGE 1

Understand



Start with the basics of IBD.

This section explains what inflammatory bowel disease (IBD) is, how Crohn's disease and ulcerative colitis can differ, and what we know about IBD in the Gulf.

A foundation for better conversations with your care team.

01

What is IBD?

Understand the basics of inflammatory bowel disease and why it happens.

02

Crohn's & UC

Explore the two main types of IBD and how they can be different.

03

IBD in the Gulf

Look at IBD in our region—what the data shows and what factors may play a role.



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What is IBD?

Inflammatory bowel disease (IBD) is a long-term condition in which the body's immune system causes inflammation in the digestive tract.

Where it happens

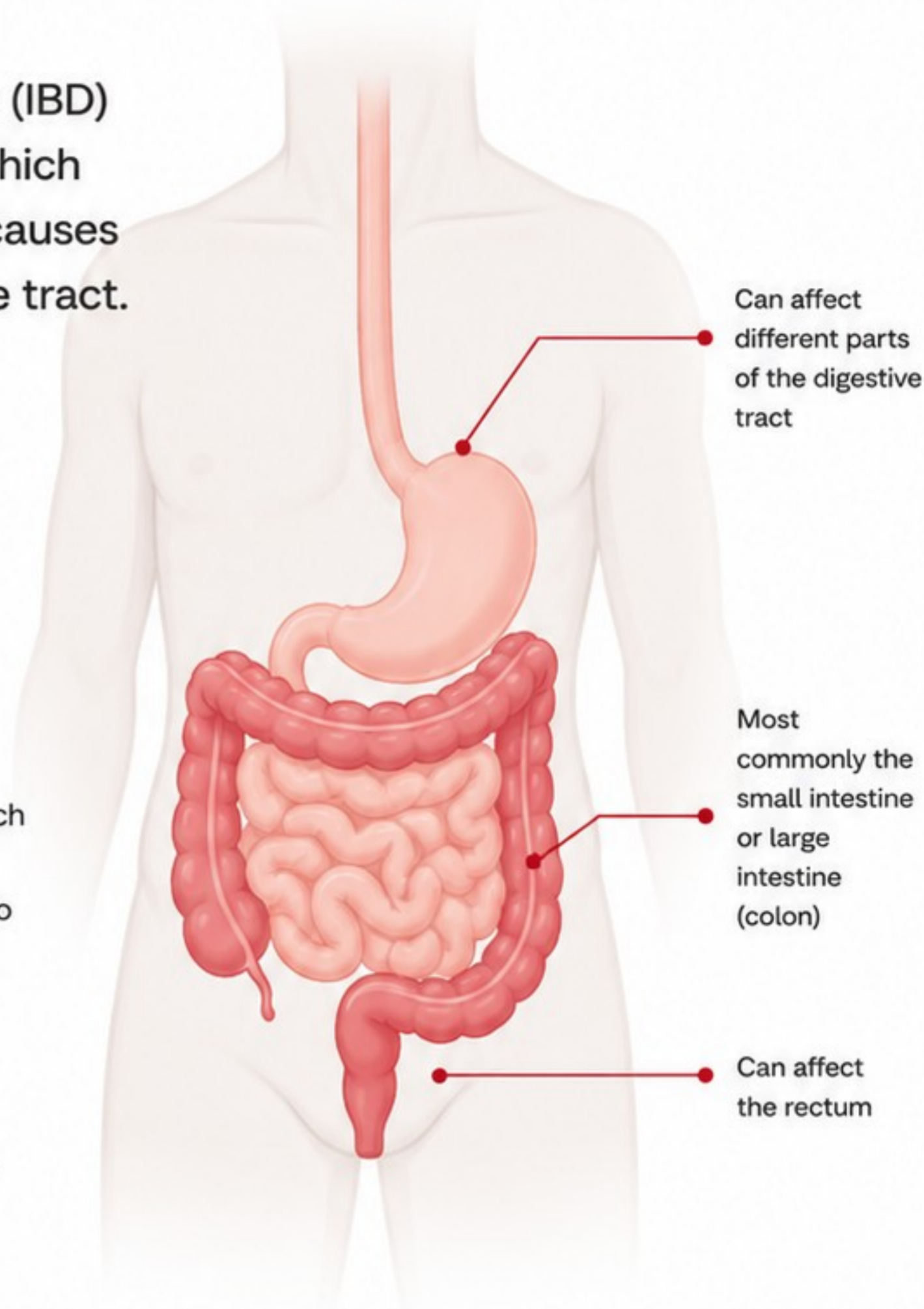
IBD can affect different parts of the digestive tract, most commonly the small intestine, large intestine (colon), or both.

What inflammation means

Inflammation can cause symptoms such as abdominal pain, diarrhea, fatigue, and more. Symptoms can come and go and may vary from person to person.

Why it matters

Understanding IBD is the first step to managing your condition and working with your care team to improve your quality of life.



Key takeaway

IBD is a chronic condition, but with the right information and support, many people find ways to manage it and live meaningful lives.



Talk with your healthcare professional

They can help you understand your condition and answer any questions you may have.



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IBD is not IBS

IBD and IBS can cause digestive symptoms, but they are different conditions.

Understanding the difference can help you have clearer conversations with your care team.



IBD

Inflammatory Bowel Disease



Inflammation

IBD involves inflammation in the digestive tract.



Long-term condition

IBD is a chronic condition that can cause flare-ups and periods of remission.



Potential complications

IBD can lead to complications if not properly managed.



May need medical treatment

IBD often requires medications and ongoing care.



Needs specialist care

IBD is managed by a gastroenterologist or IBD care team.



IBS

Irritable Bowel Syndrome



No inflammation

IBS does not cause inflammation in the digestive tract.



Long-term functional disorder

IBS is a long-term condition that affects how the intestines work, not their structure.



Does not cause complications

IBS does not lead to inflammation-related complications.



Managed with lifestyle changes

Symptoms can often be managed with diet, stress management, and other strategies.



Managed in primary care

IBS is usually managed in primary care with or without specialist input.



Important to know

Only a healthcare professional can diagnose the cause of your symptoms and recommend the right next steps for you.



Talk with your healthcare professional



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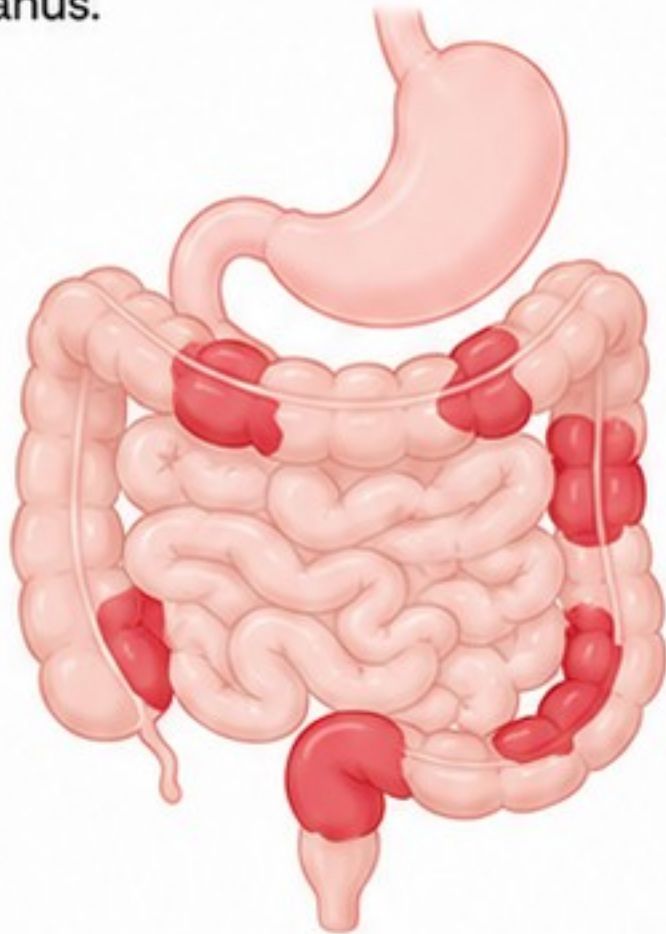
Crohn's disease and ulcerative colitis

IBD includes two main types. They can affect different parts of the digestive tract.



Crohn's disease

Crohn's disease can affect any part of the digestive tract, from the mouth to the anus.

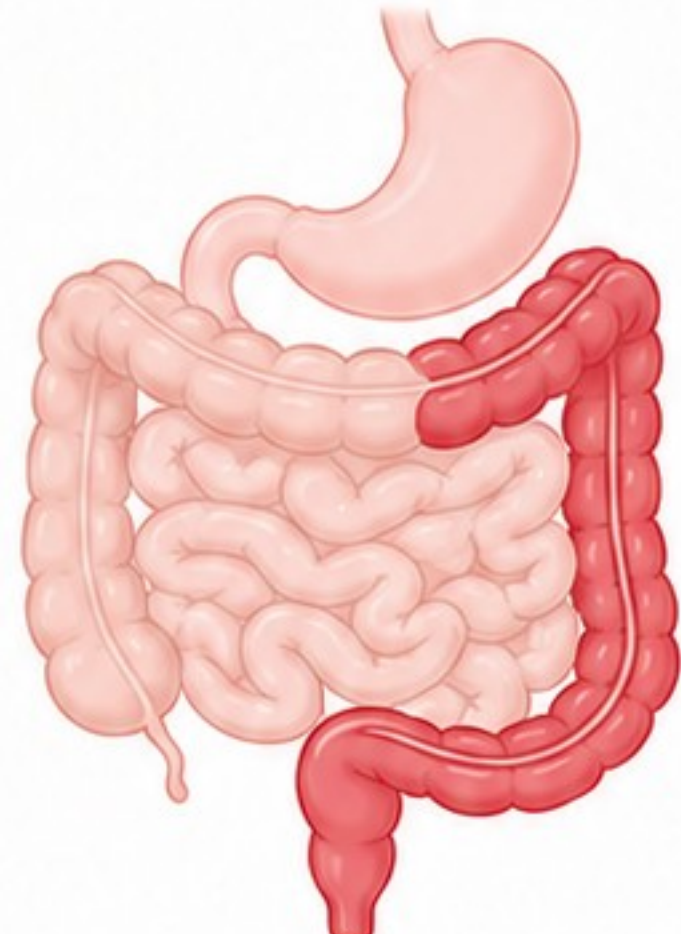


- Can affect the small intestine, colon, or both
- Inflammation occurs in patches
- Can involve deeper layers of the bowel wall



Ulcerative colitis

Ulcerative colitis only affects the large intestine (colon) and rectum.



- Affects the colon and rectum only
- Inflammation is continuous
- Typically affects the inner layer of the bowel



Important to know

Both are long-term (chronic) conditions. Understanding the difference can help you have clearer conversations with your care team.



Talk with your healthcare professional

They can help answer your questions and guide next steps.



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IBD in the Gulf

IBD affects people and families across the Gulf.

Greater awareness can help people recognize ongoing symptoms and have timely conversations with their healthcare professional.



Awareness is growing

More people are talking about IBD and long-term digestive symptoms. Awareness can help reduce delays in seeking support.



Symptoms can affect daily life

IBD may impact school, work, family life, travel, and overall wellbeing. Everyone's experience can be different.



Early conversations matter

If symptoms continue or change, speaking with a healthcare professional can help guide the next steps.



Important to know

Only a healthcare professional can assess symptoms, request tests, and explain what they may mean.



Talk with your healthcare professional



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Stage 2: Recognize

Understanding the signals your body sends and what's happening beneath the surface can help you take the next step in your journey.

RECOGNIZE



Why early diagnosis matters

Spotting IBD early can help prevent complications and support better long-term outcomes.



Symptoms are signals

Ongoing or recurring symptoms may be your body's way of asking for attention.



Feeling better is not the whole story

Symptoms may improve, but inflammation can still be active under the surface.



Symptom control vs. measurable inflammation

Managing symptoms is important, but treating inflammation is key to protecting your future.



Important to know

This guide is here to help you understand IBD better. Always talk with your healthcare professional about your symptoms and concerns.



Talk with your healthcare professional



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Symptoms are signals

Ongoing or recurring symptoms can be your body's way of asking for attention. Noticing patterns and changes can help you and your healthcare professional have more meaningful conversations.



Every person is different.

You may not experience all of these symptoms. What matters is how they affect you.

Common symptoms to notice



Bathroom changes

Diarrhea, urgency, increased frequency, or blood in the stool.



Stomach symptoms

Abdominal pain, cramping, bloating, or a feeling of fullness.



Impact on daily life

Tiredness, low energy, poor appetite, or unexplained weight changes.



General wellbeing

Fever, night sweats, joint pain, or feeling generally unwell.



Symptoms may come and go.

Keeping track of what happens, how often, and what may trigger or ease your symptoms can be very helpful.



Share what you're experiencing

Bring your notes to your healthcare professional to guide the conversation.



Write down what you've noticed

This can help you remember the important details.

What symptoms did you have?

When did they start or change?



How often do they occur?



What makes them better or worse?





Important to know

Only a healthcare professional can assess your symptoms, request tests, and explain what they may mean.



Talk with your healthcare professional



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When symptoms change

Changes in how you feel can provide important clues about what's happening inside. A simple approach can help you stay in control and have more productive conversations with your healthcare professional.



You know your body best.

Trust what you're experiencing and don't ignore changes that persist or return.

1



Notice the change

Pay attention to new, worsening, or recurring symptoms or patterns that are different from your usual.

2



Write it down

Keep track of what you're experiencing—details help you and your healthcare professional see the bigger picture.

3



Talk with your healthcare professional

Share what you've noticed. This can help guide the right next steps for your care together.



Small details can make a big difference.

Patterns over time are often more helpful than a single bad day.



You are not alone.

Your healthcare team is there to listen, support, and work with you.



Write down what you've noticed

Use this space to jot down what you want to discuss.

What changed?



When did it start or change?



How often does it happen?



What makes it better or worse?





Important to know

Only a healthcare professional can assess your symptoms, request tests, and advise on the right next steps.



Talk with your healthcare professional





Feeling better is not the whole story

When you have IBD, symptoms can improve, but that doesn't always mean inflammation is gone.

Your healthcare team looks at more than how you feel to understand what's happening inside.

IBD care looks at a three-part picture.

Each part provides important information. Together, they help guide your care.



A fuller picture helps guide care.

Looking at the whole picture can support clearer conversations and help you and your care team plan the next steps together.



1 How you feel

Your symptoms and how they affect your daily life matter. These are an important part of the conversation.



2 What tests show

Blood, stool, and other tests can show if there is inflammation that you may not feel.



3 What your bowel lining shows

Your healthcare team may check the bowel lining to see if inflammation is still present and how it's changing over time.



The full picture matters.

When symptoms, test results, and the bowel lining are considered together, you and your healthcare team can have a more informed conversation about your care.



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Feeling better is not the whole story

When you have IBD, symptoms can improve, but your bowel may still be inflamed.

That's why your healthcare team looks at more than how you feel.



A fuller picture helps guide care.

Your healthcare team may look at symptoms, tests, and the bowel lining together to understand what's going on.

IBD care looks at a three-part picture

1



How you feel

Your symptoms and how they affect your everyday life matter. These are important for guiding our conversations.

2



What tests show

Blood, stool, and other tests can show if there is inflammation that you may not feel.

3



What your bowel lining shows

Your healthcare team may check the bowel lining to see if inflammation is still present and how it's changing over time.



Why this matters

Improvement in one area does not always mean everything is back to normal. Looking at the whole picture can help your healthcare team make the best decisions for you.



Keep talking

Share how you feel and ask questions. Your insight helps your healthcare team personalize your care.



Write down what you've noticed

Use this space to jot down key points to discuss at your next appointment.

What symptoms have changed?



How are you feeling day to day?



What tests or results have you had?



Questions you want to ask







What your care team may measure

To understand how your IBD is behaving, your healthcare team may look at different types of information.

Each helps add to the picture and guides your conversations and care.



No single test tells the whole story.

Your care team looks at several pieces of information together to understand what's happening.

Information your care team may review



Symptoms and daily experience

How often you go, abdominal pain, urgency, tiredness, and how symptoms affect your day.

You know your body best.



Blood tests (such as CRP)

These tests look for signs of inflammation in your body.

Results can change over time.



Stool tests (such as fecal calprotectin)

These tests look for inflammation in your digestive tract.

They can help show changes that may not be felt.



Endoscopy / imaging (when needed)

These tests allow your care team to see the inside of your bowel and check for inflammation.



Discussion with your healthcare professional

Your care team brings all of this information together to understand your condition and guide next steps.



Putting the pieces together

Looking at symptoms, test results, and findings over time helps your care team understand your IBD activity more completely and have more informed conversations about your care.



Important to know

- Test results can vary from person to person.
- Numbers alone do not tell the whole story.
- Only your healthcare professional can interpret your results.



Keep talking. Your questions help your care team help you.



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Stage 3: Aim Deeper

When symptoms improve, it is important to look deeper. This stage focuses on how remission can be described, what tests and measures may be reviewed, and the questions that can help guide the right next steps with your care team.



A deeper conversation can lead to a clearer understanding.

Looking at more than one piece of information together helps you and your care team understand your condition more completely.

In this section you will explore:



1. What remission can mean

Remission in IBD can be described in different ways. You will learn about clinical, biomarker, endoscopic, and histologic remission.



2. What your care team may measure

Your care team may review symptoms, blood and stool tests, endoscopy or imaging results, and other information to understand your condition.



3. Questions to explore together

Talking about what matters most to you can help your care team understand your goals and discuss possible next steps.

This stage is about looking deeper.

Understanding more information together can help you and your healthcare professional have a clearer conversation about your care.



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What remission can mean



Remission in IBD can be described in different ways. It is not just about how you feel.

Your healthcare professional may look at several types of information to understand your condition more completely. These different levels of information together can provide a fuller picture.



Talk with your healthcare professional about what remission means for you.

They can explain which measures they use and why they matter.



Remission may involve looking at several levels

01



How you feel

Looking at your symptoms, daily activities, and overall well-being.



02



What tests show

Reviewing blood tests, stool tests, and other biomarkers of inflammation.

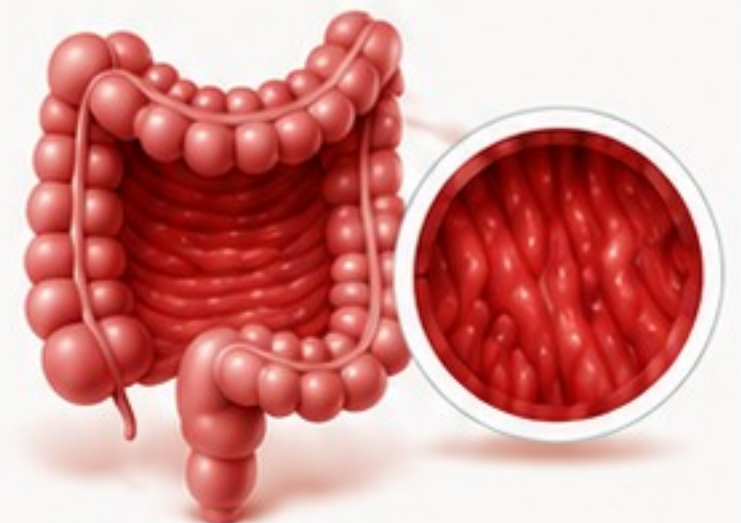


03



What scopes or imaging may show

Examining the inside of your bowel or using imaging to assess the bowel wall.



04



What microscopic healing may mean

In some cases, a biopsy can show how inflamed or healed the bowel lining is.



These different levels help your care team understand your condition more completely.

Together, they can help guide conversations about your care.



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Clinical, biomarker, endoscopic, histologic remission



You may hear different types of remission. Each one looks at your condition in a different way.

Your healthcare professional will consider all of these, together with your symptoms and overall health.

01



Clinical remission

This looks at how you feel. It means your symptoms are reduced and your daily life may improve.



Less abdominal pain



Fewer bowel symptoms



Improved well-being

02



Biomarker remission

This looks at signs of inflammation in blood or stool tests. Lower levels may suggest your condition is under control.



Blood markers



Stool markers (e.g. calprotectin)

03



Endoscopic remission

This looks inside the bowel with a scope. It means little or no visible inflammation is seen.



The bowel lining appears more normal, with no ulcers or severe inflammation.

04



Histologic remission

This looks at a tissue sample under a microscope, if taken. It means little or no inflammation is seen in the bowel tissue.



The tissue shows minimal or no inflammatory cells, indicating healing at a microscopic level.



These different types of remission help your healthcare team make informed decisions about your care.

Your treatment goals are personal and may change over time. Always talk with your healthcare professional about what is right for you.



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Questions about treatment goals

There is no one-size-fits-all goal. What matters most can be different for everyone.

These questions can help you start a conversation with your healthcare professional about your goals for care.



You may want to ask:



What are realistic goals for my condition right now?

What improvements should we look for together?



What signs or tests will help us know if my treatment is working?

How often should we review them?



If my condition is improving, how will we know if my treatment goals have been reached?

What would success look like for me?



How might my treatment goals change over time?

What factors could affect these goals?



What are my options if my goals are not being met?

What could be next steps?



Notes for your next appointment

Write down what is important to you so you can have a helpful conversation.

.....
.....



**Your healthcare professional is your partner.
Together, you can set goals that are right for you.**

Keep talking, keep checking in, and keep focusing on what matters most to you.



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Stage 4: Track

Tracking helps you bring useful information into your appointments.

In this section, you will prepare notes about test results, symptoms, medicines, and questions to discuss with your healthcare professional.



1. Know your numbers

Keep track of important test results such as blood and stool markers.

Review them with your healthcare professional to understand changes over time.



2. Symptom and flare notes

Note how you feel, any changes in symptoms, and possible triggers.

This can help show patterns to discuss at your next visit.



3. Medication and appointment notes

List your medicines, doses, and any changes.

Keep a record of appointments, questions, and key discussion points.



Clear notes can support clearer conversations.

Use this section to stay organized and prepared.



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Stage 4: Track

Tracking helps you bring useful information into your appointments.

In this section, you will prepare notes about test results, symptoms, medicines, and questions to discuss with your healthcare professional.



Keeping notes in one place can help you and your healthcare professional **see patterns and make more informed decisions** together over time.



My health notes

- Results
- Symptoms
- Appointments

Bring this information to your next appointment.



In this section



1. Know your numbers

Keep important test results and markers in one place so you can review them together.



2. Symptom and flare notes

Track how you feel, any changes, and possible triggers over time.



3. Medication and appointment notes

List your medicines, appointments, and questions to discuss.



Clear notes can support clearer conversations.

Use this section to stay organized and prepared.



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Know your numbers

Tracking important test results and markers over time can help you and your healthcare professional see changes that matter.

Write down what you have had checked and bring this information to your appointments.



TRACK



| |  Test / Marker |  Date |  Result (as recorded) |  What I want to ask |
|--------------------------|---|---|---|--|
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Ask your healthcare professional what each result may mean for you.

Together, you can look at the bigger picture across time, not just one number.



Notes for my next appointment

What would I like to understand better?

.....

.....








Symptom and flare notes

Keeping notes about how you feel, any changes, and possible context can help you and your healthcare professional see patterns that may be useful to discuss.

Use the space below to record your notes.



Tracking symptoms over time can help you and your healthcare professional discuss **changes and patterns more clearly.**

|  <p>DATE</p> <p>When did it happen?</p> |  <p>WHAT CHANGED?</p> <p>What symptoms or changes did you notice?</p> |  <p>HOW OFTEN?</p> <p>How often did it happen?</p> |  <p>POSSIBLE TRIGGER OR CONTEXT</p> <p>What was happening around that time?</p> |  <p>QUESTIONS TO ASK</p> <p>What would you like to discuss?</p> |
|---|---|--|---|---|
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IMPACT ON YOUR DAY (tick any that apply)



Work / School



Family / Relationships



Sleep



Travel / Activities



Mood



Appetite



Other



Patterns over time may be useful to discuss.

Bring your notes to appointments so your healthcare professional can review the bigger picture with you.



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Medication and appointment notes

Being prepared for appointments can help you and your healthcare professional make the most of your time together.

Use this page to keep your medicine information, appointments, and questions in one place.



1 Medicines I take

List your medicines, including supplements and vitamins.

| Medicine name | How I take it |
|---------------|---------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Include prescription medicines, over-the-counter products, and supplements.

2 Changes since my last visit

Note any changes that may be important to share.

- New or stopped any medicine
- Change in dose
- New symptoms or changes in how I feel
- Changes in health or life events
- Other

Even small changes can be important to share.

3 Upcoming appointments

Keep track of your next appointments.

| Date | Time | Purpose / Notes |
|------|------|-----------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Add any tests or scans that are scheduled.

4 Questions I want to ask

Write down questions to help guide your conversation.

1. _____
2. _____
3. _____
4. _____
5. _____

Prioritise the questions that matter most to you.



Bring this page to your next appointment.

It can help you and your healthcare professional stay organised and focused on what matters most.



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Stage 5: Live

Living well is about more than appointments and test results.

In this section, you will find ideas and practical tips to help you manage daily life, plan ahead, and look after your wellbeing.



In this section



1. Daily routines

Simple ways to build routines that support your day-to-day life, including work, school, and family.



2. Food, travel, and Ramadan planning

Practical tips for eating well, travelling safely, and planning ahead during Ramadan.



3. Support and wellbeing

Ideas to help you manage stress, seek support, and look after your mental and emotional health.



Small steps can make a big difference.

Choose what works for you and build a lifestyle that supports your health and happiness.



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Daily routines

Daily routines can help you notice patterns, prepare for appointments, and bring useful information to your healthcare professional.



LIVE



Practical steps you can try

1



Plan your day

Choose one or two practical priorities for the day and note anything you may need to prepare.

2



Keep notes nearby

Use a notebook or phone to record symptoms, questions, test results, or changes you notice.

3



Prepare for appointments

Bring your notes, recent test results, and questions to appointments to help guide the conversation.

4



Notice what changes

Pay attention to patterns across good days and difficult days, and share what you notice with your healthcare professional.



A routine does not need to be perfect.

It only needs to help you bring clearer information to your next conversation.



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Living with more confidence

Small choices today can help you feel more prepared for everyday life.

Everyone's journey with IBD is different. What helps most is finding what works for you—and knowing you don't have to do it alone.



Plan ahead

A little preparation can make a big difference. Think about meals, routines, travel, work, and upcoming events. Use the pages in this guide that help you plan with confidence.



Notice patterns

Pay attention to what helps you feel well—and what might trigger symptoms. Tracking your health can help you and your healthcare professional make informed decisions.



Ask for support

Lean on the people who understand and encourage you. Your healthcare professional, family, and support networks can help you stay on track.



Small steps can help you feel more prepared in daily life.

Celebrate progress, be patient with yourself, and keep moving forward—one day at a time.



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Support and wellbeing



You don't have to manage things on your own. Talking with people you trust and sharing how you feel can make a big difference in your daily life.

Ways to support your wellbeing



1. People who can help

Reach out to the people who support you.



Family members or close friends



Your healthcare professional



Patient support groups or communities



A trusted colleague or neighbor



2. What to share

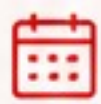
Open and honest conversations can help others understand how to support you.



How you are feeling physically and emotionally



What helps you and what is difficult



Upcoming appointments or treatments



Any worries or questions you may have



3. When to ask for support

It's okay to ask for help. Consider reaching out if you:



Feel overwhelmed or very worried



Have trouble sleeping or concentrating



Notice changes in your mood for several days



Feel you need extra practical help



Who can I speak to?

It may help to write down names and contact numbers of people you can talk to when you need support.



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Stage 6: Speak

Good conversations with your healthcare professional help you get the right support and plan the next steps together. A little preparation can make a big difference.



Three things to focus on



1. Prepare your questions

Think about what you want to understand or discuss.

- Write down your questions before your appointment.
- Ask about your condition, tests, treatment options, and daily life.
- Bring your list with you so you don't forget anything.



2. Share what has changed

Your experience helps your healthcare professional understand your progress.

- Share your symptoms and how often they happen.
- Mention what is getting better, not changing, or getting worse.
- Share how it affects your daily life, work, and activities.



3. Agree what happens next

Work together on a plan that is right for you.

- Discuss the plan, treatments, and any next steps.
- Make sure you understand what to do and when.
- Know how to reach your healthcare team if you have questions.



Conversation starter

I want to work together to manage my condition.
What do you think are the best next steps for me?



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Your next appointment: 5 questions to bring



These questions can help you have a clear and productive conversation with your healthcare professional.

1



What should we measure to understand how my IBD is doing?

2



What signs or symptoms should I watch between visits?

3



How do my symptoms and inflammation relate to each other?

4



What treatment goals are most important for me right now?

5



What should I do next before my next appointment?



Bring with you

These can help your healthcare professional understand your condition better.

Recent test results

Symptom notes

Medicine list

Questions for my healthcare professional



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Food, travel, and Ramadan planning



Daily life includes many situations that may need a little extra planning. Thinking ahead can help you feel more prepared and support better conversations with your healthcare professional.

Things to think about and discuss



Food and meals

Your needs may change from day to day. Planning simple, balanced meals and snacks that suit you can help.



Notice what foods and drinks work well for you.



Plan regular meals and snacks to avoid long gaps.



Talk to your healthcare professional or dietitian if you have questions.



Travel and activities

With some planning, you can stay as active as possible and enjoy the things that matter to you.



Check travel insurance and keep a list of your medicines (if any).



Carry a doctor's letter or medical summary if needed.



Plan rest stops and adjust your schedule when needed.



Ramadan planning

If you are considering fasting, plan ahead and discuss with your healthcare professional.



Every person's situation is different—medical advice is important.



Discuss your plan early and review any medication timing (if applicable).



Plan hydration and nutrition with your healthcare professional.



Planning ahead can help you feel more confident in your daily life.

Small steps today can make a big difference tomorrow.



You may want to write down ideas, questions, and people you can speak to. This can help you remember and feel more prepared.



This guide is for **educational purposes only** and does not replace medical advice. Always talk with your healthcare professional about your condition and treatment.





Glossary

Understanding key terms can help you feel more confident when talking with your healthcare professional.



IBD

Short for inflammatory bowel disease. It includes conditions that cause long-term inflammation in the digestive tract.



Crohn's disease

A type of IBD that can affect any part of the digestive tract from the mouth to the anus. It often affects the small intestine and colon.



Ulcerative colitis

A type of IBD that affects the colon (large intestine) and rectum. Inflammation is limited to the inner lining.



Flare

A period when symptoms get worse, such as more diarrhea, pain, or tiredness.



Remission

A period when symptoms improve or go away and inflammation is reduced.



Inflammation

Swelling and irritation in the body's tissues. In IBD, it happens in the digestive tract.



Ask your healthcare professional if any term is unclear.



Biomarker

A substance in the blood, stool, or tissue that can help show if inflammation is present or how active the disease is.



Endoscopy

A procedure that uses a thin, flexible camera to look inside the digestive tract.



Histology

The study of tissue under a microscope. Tissue samples may be taken during endoscopy to help confirm a diagnosis.



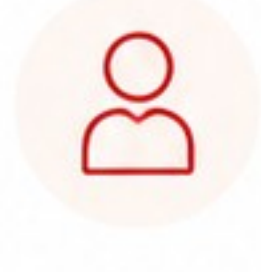
Treatment goal

The target agreed with your healthcare professional, such as reducing symptoms, improving quality of life, and preventing flare-ups.



Monitoring

Regular checks and tests to understand how your condition is doing and if treatment is working.



Healthcare professional

A trained expert who supports you in managing your condition, answers your questions, and helps plan your care.



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Important information and references



Important information

This guide is provided for educational purposes only. It does not replace professional medical advice, diagnosis, or treatment.



How to use this guide

This guide is designed to help you learn more about IBD and prepare for conversations with your healthcare professional. Use it as a resource for questions, notes, and next steps.



Medical advice disclaimer

Always talk with your healthcare professional about your condition, symptoms, and treatment options. Never change or stop a treatment without speaking to your healthcare professional first.



References

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Prepared / last reviewed

[Month Year]



Local entity / market

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AI image disclosure

Some images in this guide were created using artificial intelligence (AI) and are used for illustrative purposes only.



Ask your healthcare professional if any term is unclear.

They are there to help you understand your condition and support you on your care journey.

The Gastro Journey Guide

A patient education resource to support clearer conversations about IBD.



This guide is provided for **educational purposes only.**



It does not replace professional medical advice, diagnosis, or treatment.



Always talk with your healthcare professional about your condition and treatment.



Your healthcare professional is there to support you at every step of your journey.



Learn more at www.jnj.com

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Scan to access additional patient education resources (if approved).



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