

# Knowledge Assessment: Medications and Procedures

This assessment is to be completed by teens and young adults with inflammatory bowel disease (IBD). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question. This is not a test. This assessment has been developed to help you understand more about IBD with the help of your healthcare team.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**1** Which is true about herbal or complementary medicines?

**A. They might interact with one of your medications**

**C. All of them are safe to use with your prescribed drugs**

**B. They don't have side effects because they are natural**

**D. You should never take them**

**2** Even if your IBD feels better after you start a new treatment, you can still have inflammation in your gastrointestinal (GI) system.

**True**

**False**

**Don't know**

**3** Biologic medicines work by:

**A. Decreasing the chance of infection**

**C. Helping the body absorb more nutrients from food**

**B. Blocking the chemicals or cells that cause inflammation**

**D. All of the above**

**4** When you feel better, you can stop taking your medications.

**True**

**False**

**Don't know**

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5 Alcohol can interfere with your medications.

True

False

Don't know

6 What does a colonoscopy do?

A. Look for disease

C. Give drugs to make IBD better

B. Take out part of your bowel

D. Don't know

7 If you are taking steroids and have side effects, you should stop taking them immediately.

True

False

Don't know



**Next Steps:**

**Read up** \_\_\_\_\_

**Retake** \_\_\_\_\_

**R.E.D.I. to go!** \_\_\_\_\_