

**Inflammatory Bowel Disease (I.B.D)**  
**Telephone Helpline:- 01633 – 656055**  
**Royal Gwent Hospital,  
Nevill Hall Hospital, Ysbyty Ystrad Fawr**

**Clinical Nurse Specialist - Allyson Lewis**

**Email Address: [IBDHelp@wales.nhs.uk](mailto:IBDHelp@wales.nhs.uk)**

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## **The Gastroenterology Team**

You are attending one of the outpatient clinics with Ulcerative Colitis or Crohn's Disease. Your care will be managed by the specialist Gastroenterology Team:-

Dr N Balaratnam Consultant Physician/Gastroenterologist

Dr V Goel Consultant Physician/Gastroenterologist

Dr A Somasekar Consultant Physician/Gastroenterologist

Dr A Phillips Consultant Physician/Gastroenterologist

Dr A U Rahman Consultant Physician/Gastroenterologist

Dr A Joshi Consultant Physician/Gastroenterologist

The team is supported in clinics and on the wards by specialist registrars, senior house officers, house officers and dieticians, as well as clinical nurse specialists.

## **Information and Advice**

The Clinical Nurse Specialists offer:-

- Telephone advice via the IBD helpline for flare ups of your condition, and medication queries.
- E-mail contact if you are unable to contact the helpline, for general enquiries.
- Symptom advice, including worsening symptoms and if appropriate referral to the most suitable clinic. Advice regarding diet, pregnancy, lifestyle, employment and holidays.
- Support, reassurance and details of supportive organisations.
- Nurse led follow-up in outpatients for some patients.

## Telephone Helpline

The telephone helpline is run by:-

Allyson Lewis – Clinical Nurse Specialist (IBD)

**Tel. No:** - 01633 – 656055

E-mail:- [IBDHelp@wales.nhs.uk](mailto:IBDHelp@wales.nhs.uk)

You will reach an answer phone when calling the above number.

Please leave a message to include:-

- Your name
- Date of birth/hospital number
- Contact telephone number
- A brief message about your reason for calling

Your call will be returned within 2 working days.

In an emergency or outside these hours please contact your GP/Out of Hours service or NHS Direct Wales on 0845 46 47.

The information leaflets provided by Aneurin Bevan Health Board are regularly reviewed to ensure that the contents meet the full information requirements of the recipients.

If you feel that additional information could be incorporated within future updates, then please contact: -

Allyson Lewis – Clinical Nurse Specialist (IBD)

Medicine/Gastroenterology

Block 9, Royal Gwent Hospital

Newport NP20 2UB

Date:

Review Date:

**This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg**