



The home of IBD information & support

IBD in the Workplace

Your workplace is “Quite IBD Friendly” – this means that there are lots of really good things in place to accommodate someone with IBD – however there are some improvements that could be made. Take a read and share the PDF with your employer so he/she can take steps to help you with your IBD better in the workplace.

Dear Employer,

Employing someone with inflammatory bowel disease (IBD) does not need to be daunting. Most people with IBD lead highly productive and normal lives.

However, certain adjustments in the workplace can help your employee feel more comfortable and work more effectively.

Your employee recently completed the Guts4Life IBD Work Planner tool. This tool takes into account their condition and gives recommendations on how working life can be adjusted to benefit both the employee and the company as a whole.

Facts about IBD

What is IBD?

IBD is a chronic (on-going) condition that affects the bowels. People with IBD may experience flare-ups, where the condition worsens for a period of time, and then periods where their health goes back to normal. For most people – the flare-ups are shorter than the periods of normal health.

Symptoms of IBD include:

- Diarrhoea
- Abdominal pain
- Blood in the stools
- Painful bowel movements

Please note that IBD is **not** contagious.

Employing someone with IBD

For most people with IBD, managing the condition with lifestyle and medicines means they can lead a normal and productive life.

Simple and effective changes in the workplace can really help your employee cope better with their IBD, and work better and more efficiently.

Below are some suggestions based on your employee's responses on the work planner tool.

Have a read of the below and discuss the next steps with your employee.

Toilet Breaks

Ensure your colleagues are aware of your need for regular toilet breaks, ask one or more colleagues or co-workers to cover you during this time.

This will help you to be supported in your work environment.

Occupational Health

Before you decide on how to implement changes in the workplace, if available discuss with your Human Resources or Occupational Health department, who can also advise you on how best to proceed.



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