

Build Your IBD Toolkit with These Educational Resources



What Is IBD?

Newly diagnosed or living with IBD? Find what you need to know about Crohn's disease and ulcerative colitis.



GI Tract Guide

Our interactive tool reviews the organs of the gastrointestinal tract and how they can be affected by IBD.



IBD Medication Guide

A comprehensive guide to all FDA-approved medications for Crohn's disease and ulcerative colitis.



Diet & Nutrition

A menu of resources to help IBD patients maintain good nutrition through diet and healthy eating principles.



MyIBD Learning

Virtual and in-person programs, and on-demand education for patients and caregivers, at every stage of their IBD journeys.



Mental Health

You are not alone. Discover ways to manage your emotional well-being while navigating your IBD journey.



Surgery

Learn about surgical treatment options for Crohn's disease and ulcerative colitis that may improve your quality of life.



Crohn's disease



Ulcerative colitis