

Before starting the specific carbohydrate diet (SCD)

- Discuss with your primary gastroenterologist.
- Learn as much as you can.
- Become a part of an SCD community.
- Understand the food preparation and resources needed.

Begin the SCD

- Make sure you have a clinic appointment with a weight check and laboratory baseline values.
- Meet with your IBD clinic team, including your registered dietician.
- There can be some initial abdominal discomfort when starting the diet. This may be secondary to the body adjusting to the SCD. This discomfort is usually distinct from IBD abdominal pain.

Week 2 — Clinic follow-up

- Meet with your IBD clinic team, including your registered dietician. Repeat laboratory blood studies.
- We expect a small amount of weight loss and mild improvement in clinical symptoms.
- If there are concerns about significant weight loss or significant clinical worsening, consider an alternative treatment plan.

Week 4 — Clinic follow-up

- Meet with your IBD clinic team, including your registered dietician.
- We expect continued clinical improvement, as well as improvement in laboratory parameters. Repeat laboratory blood studies.
- Discuss with your healthcare team what seems to be working, as well as how to problem-solve any diet and nutrition issues.
- Be careful of the pitfall of eating the same things. Food diversity is important!
- If there are concerns for significant weight loss or significant clinical worsening, consider an alternative treatment plan.

Week 8 — Clinic follow-up

- Meet with your IBD clinic team, including your registered dietician.
- We expect continued clinical improvement, as well as improvement in laboratory parameters.
- Discuss with your healthcare team what seems to be working, as well as how to problem-solve any diet and nutrition issues.
- If there are concerns for significant weight loss or significant clinical worsening, consider an alternative treatment plan.
- Repeat laboratory blood and stool calprotectin studies.

Every 3 months — Clinic follow-up

- It is important to continue to follow up with your GI providers. This is true even when you and your child are doing great.
- Continue to track laboratory tests, weights, and discuss how things are going with your healthcare team.