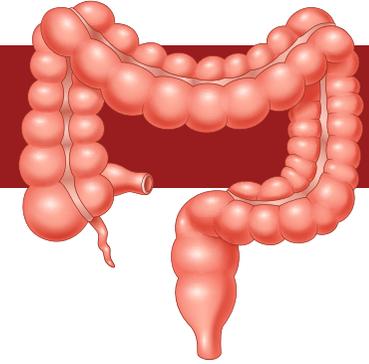
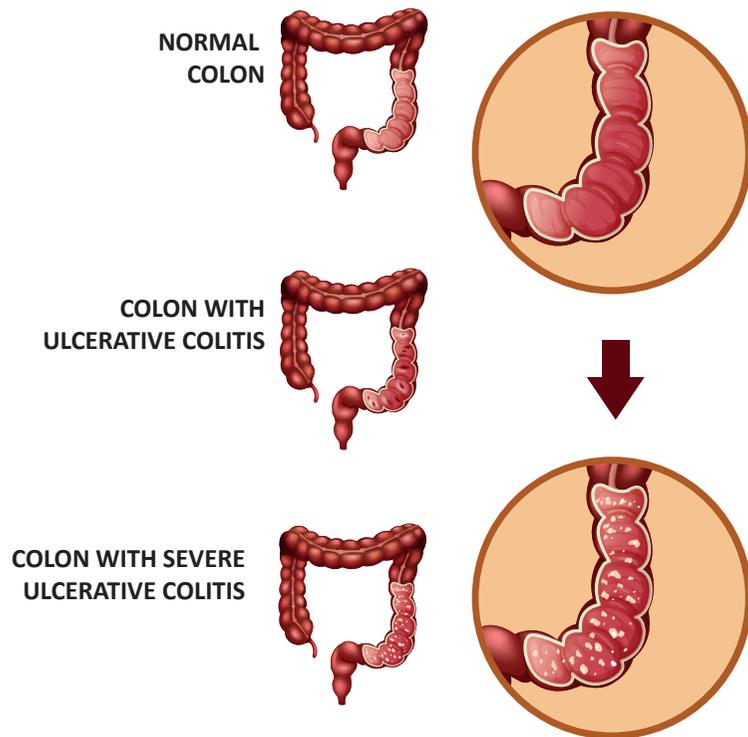


Ulcerative Colitis



What is it?

Ulcerative colitis is an inflammatory bowel disease (IBD) that is in the colon, usually starting from the rectum. Inflammation occurs in the innermost lining of the intestinal wall. It is an immune disease that affects the entire large intestine or colon.



Signs and symptoms



**BLOODY
DIARRHEA**



FEVER



VOMITING



**ABDOMINAL
PAIN**



NAUSEA



FATIGUE



WEIGHTLOSS



**LOSS
OF
APPETITE**



Treatment

ULCERATIVE COLITIS AFFECTS EVERYONE DIFFERENTLY. YOUR DOCTOR WILL FIND TREATMENTS THAT REDUCE YOUR SYMPTOMS AND HELP YOU AVOID NEW FLARE-UPS.

- Relieve symptoms
- Promote healing of damaged tissues
- Put the disease into remission and keep it from flaring up again
- Postpone or prevent the need for surgery



Over-the-counter medicines

Medicines to treat your condition: If you have only mild symptoms, antidiarrheal medicines may help. For disease in the rectum alone, you can try medicines given in a suppository, enema, or foam. Avoid prolonged self medication and seek medical help if your condition does not improve.

Medicines to avoid

In general, don't use nonsteroidal anti-inflammatory drugs (NSAIDs, such as ibuprofen or naproxen). They may cause flare-ups. Talk to your doctor about whether to avoid these medicines.

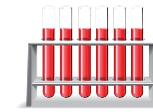
Diet

A change in your diet may help reduce symptoms. Keep a food diary to find out which foods make your symptoms worse. During a flare-up, avoid or reduce these foods. But instead of cutting out a whole group of high-nutrient foods, try replacing them with healthy choices. You can also see a dietician to assist you with a diet programme.

Diagnosis



A colonoscopy with possible biopsy.



Blood tests for infection and/or inflammation.



Stool sample test for blood, infection and white blood cells.

Surgical Treatment

You may need surgery for ulcerative colitis in several situations:

- When other treatments fail to manage symptoms
- When holes form in the large intestine
- When dysplasia is found during colonoscopy or biopsy

SURGERY CHOICES

Removal of the colon to cure ulcerative colitis involves one of these surgeries:

Ileoanal anastomosis:

- The surgeon removes some or all of the large intestine (colon) and the diseased lining of the rectum. The end of the small intestine (the ileum) is connected to the anal canal. This allows you to have bowel movements without an ostomy.

Proctocolectomy and ileostomy:

- The large intestine and rectum are removed, leaving the lower end of the small intestine (the ileum). The surgeon closes the anus and makes a small opening called a stoma in the skin of the lower belly. The ileum is connected to the stoma, creating an opening to the outside of the body.