

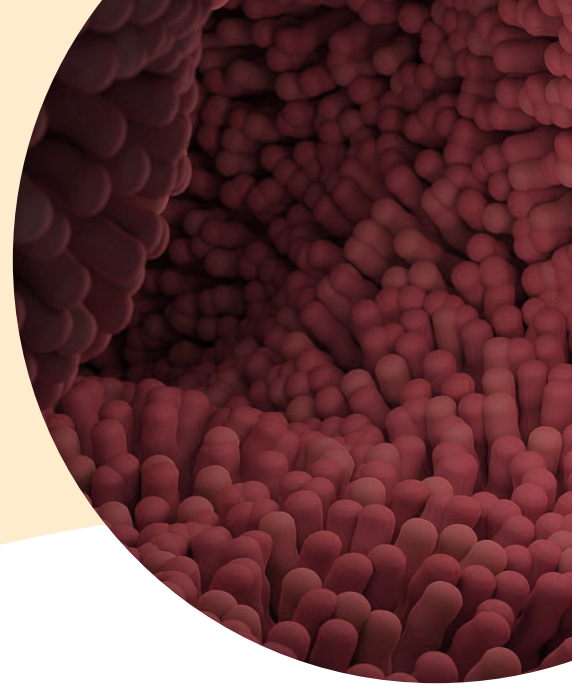
Managing Ulcerative Colitis



Managing Ulcerative Colitis (UC)

UC is a chronic (long-term) disease that causes inflammation in the large intestine (colon and rectum). It is caused by an overreaction of your immune system. Although UC can't be cured, the three basic goals of treatment are to help you^{1,2}:

- Relieve symptoms
- Achieve and maintain remission
- Repair the lining of your colon



If remission can't be achieved, the goal is to decrease the severity of the disease and improve your quality of life. Work with your doctor to determine the treatment options that are best for you.³

Medicines

Several types of medicines can be useful in helping you manage your symptoms. Keep in mind, the best way to control UC is to take medicine as prescribed by your doctor, even when you have little to no symptoms. Your treatment plan may include medicines that^{3,4}:

- Manage inflammation in your colon to help it heal
- Lessen symptoms such as diarrhea, bleeding, and pain
- Reduce flares and help you achieve remission

Surgery

Surgery may be an option when other treatments don't work or if you have complications from damage to your colon.⁴



Diet and Nutrition

UC is not caused by the foods you eat, but changes in your diet may help you manage UC symptoms.

People with UC often have difficulty absorbing all the nutrients they need from food. That's why it's important that you eat a well-balanced diet that includes a variety of nutritious foods from all food groups. A dietary supplement, like a multivitamin, can help fill in the gaps.³

Potential Triggers and Recommendations

- Reduce greasy or fried foods that may cause diarrhea and gas
- Avoid carbonated beverages that may cause gas
- Restrict certain high-fiber foods such as nuts, seeds, and raw vegetables as these may worsen your symptoms
- Eat smaller, more frequent meals
- Restrict caffeine when severe diarrhea occurs
- Choose bland, soft foods that may be easier to tolerate than spicy foods
- If you are lactose intolerant, limit the number of dairy products in your diet

There is no single diet plan that will work for everyone with UC.³

Keeping a food diary can help you make the connection between the foods you eat and any symptoms that may follow. Talk with your doctor or a dietitian about an eating plan that's right for you.³



Coping With UC

Living with UC can be tough. It may get in the way of work, school, and spending time with family and friends. But it's important to go about your daily life as you did before being diagnosed. Keep doing the things you've always enjoyed or try something new that you've always wanted to do.³

Additional planning may help, such as:

- Finding out where the restrooms are in restaurants, malls, theaters, and on public transportation
- Carrying extra underclothing, toilet paper, or moist wipes when traveling

If the pressure of having UC is bothering you, talk about your concerns with your doctor or other health care provider.

References:

1. Crohn's & Colitis Foundation. Overview of ulcerative colitis. Accessed May 18, 2023. <https://www.crohnscolitisfoundation.org/what-is-ulcerative-colitis/overview>
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3. Crohn's & Colitis Foundation. Living with ulcerative colitis. Published December 2018. Accessed May 18, 2023. <https://www.crohnscolitisfoundation.org/sites/default/files/legacy/assets/pdfs/living-with-ulcerative.pdf>
4. Crohn's & Colitis Foundation. Ulcerative colitis treatment options. Accessed May 18, 2023. <https://www.crohnscolitisfoundation.org/what-is-ulcerative-colitis/treatment-options>