

The image features a central blue circle containing the text 'Ulcerative colitis explained (UC for short)'. The background is a light blue gradient with faint, dotted white lines forming a pattern of irregular shapes. A faint, light blue outline of a hand is visible behind the central circle.

Ulcerative  
colitis  
**explained**  
(UC for short)



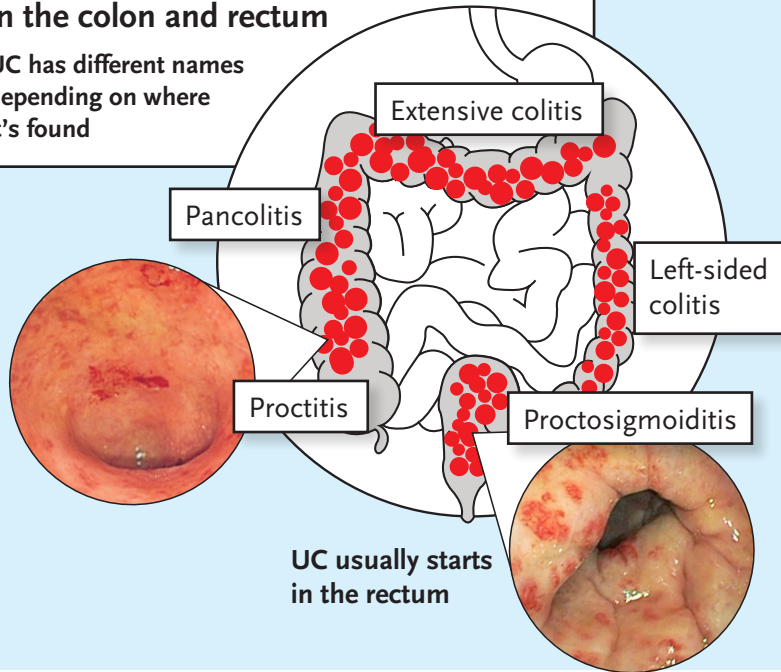
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**care**



# Ulcerative colitis (UC for short)

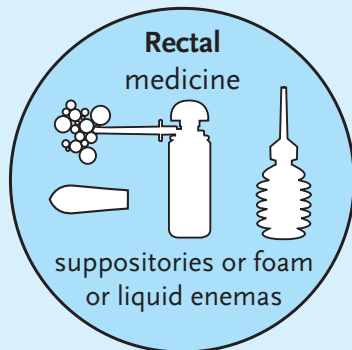
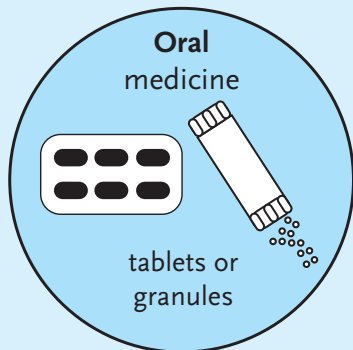
A condition causing inflammation in the colon and rectum

UC has different names depending on where it's found



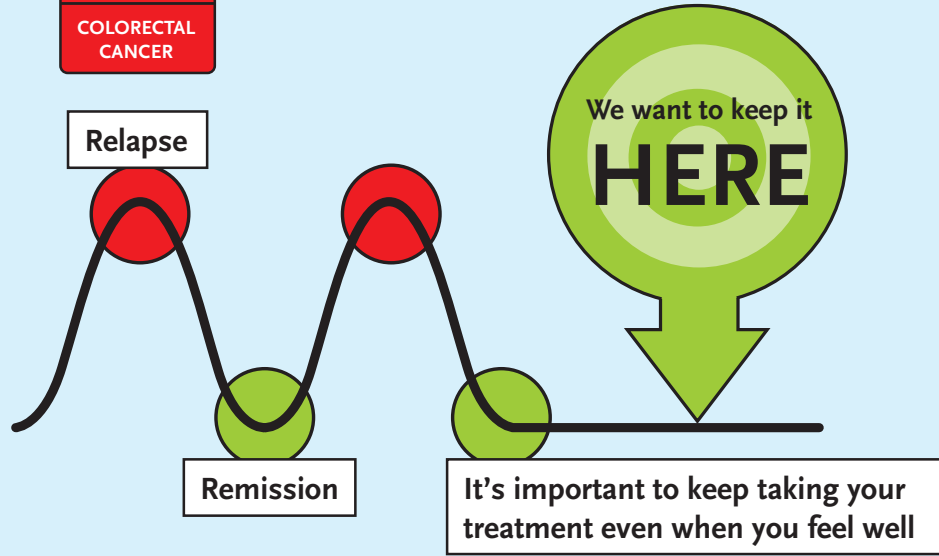
UC usually starts in the rectum

How we treat it depends on where the inflammation is



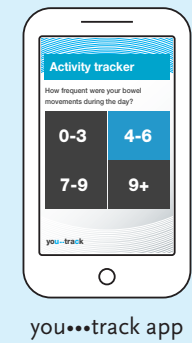
- FLARE-UPS
- INVASIVE TREATMENTS
- HOSPITAL STAYS
- SURGERY
- COLORECTAL CANCER

The goal is to keep inflammation in check



There are other things you can do to help yourself

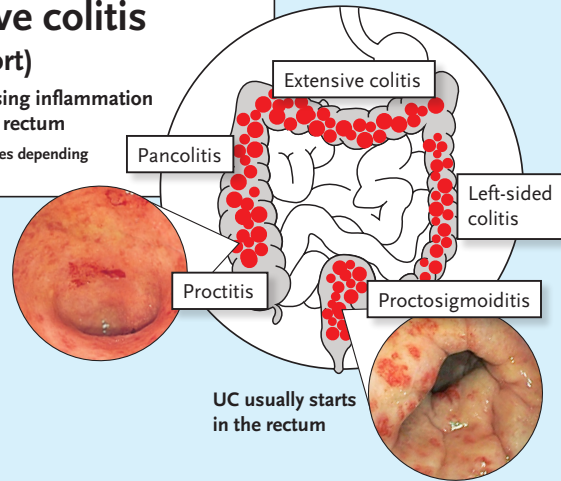
- Eat small portions
- Take supplements
- Drink lots of water
- Talk things through
- Keep active



## Ulcerative colitis (UC for short)

A condition causing inflammation in the colon and rectum

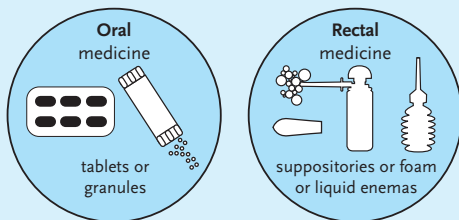
UC has different names depending on where it's found



UC usually starts in the rectum

- UC is a type of inflammatory bowel disease (IBD) that affects the colon and rectum<sup>1</sup>
- It causes your colon to become inflamed and sometimes small sores called ulcers may form<sup>1,2</sup>
- You may hear it called different names depending on where the inflammation is<sup>1</sup>

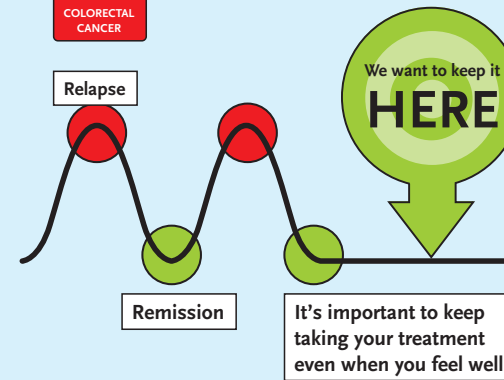
### How we treat it depends on where the inflammation is



- Treatment comes in a few different forms to match your needs
- You can take tablets or granules with a special coating that dissolves once they get to the colon<sup>2</sup>
- Rectal options like suppositories, foams and enemas are also good for getting medicine to where it's needed<sup>2</sup>

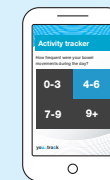
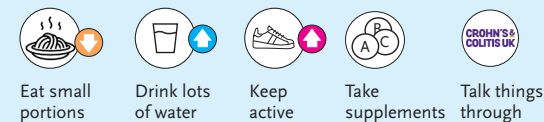
FLARE-UPS  
INVASIVE TREATMENTS  
HOSPITAL STAYS  
SURGERY  
COLORECTAL CANCER

The goal is to keep inflammation in check



- Inflammation in UC goes up and down over time, with periods of remission when you feel well, and relapses when you get symptoms<sup>2</sup>
- We want to get your inflammation into remission and keep it there<sup>2</sup>
- Even when you feel well, you still need to take your medicine so that you don't have another flare-up or any other unpleasant complications<sup>3</sup>

### There are other things you can do to help yourself



you...track app

You can track how active your UC is with the you...track app

- Eat and drink in small amounts frequently throughout the day<sup>4</sup>
- Regular exercise can help reduce fatigue and inflammation in people with IBD<sup>5</sup>
- Taking supplements (like iron or vitamin D) can help you make sure you're getting enough nutrients<sup>4</sup>
- It's a good idea to talk things through – you can find lots of support through Crohn's & Colitis UK

## References

### Ulcerative colitis (UC)

1. Singh S *et al.* Gastroenterology 2019; 156(3): 769-808.e29.
2. Osterman MT, Lichtenstein GR. 'Ulcerative colitis' In: Gastrointestinal and Liver Disease. W B Saunders Co / Elsevier Science Health Science; 2015.
3. Taylor K, Irving P. Nat Rev Gastroenterol Hepatol 2011; 8: 646-56.
4. Brown AC *et al.* Expert Rev Gastroenterol Hepatol 2011; 5(3): 411-25.
5. Bilski J *et al.* Pharmacol Rep 2016; 68(4): 827-36.

## Abbreviations

**IBD:** irritable bowel disorder

**UC:** ulcerative colitis

## Useful links:

[www.dralk.co.uk](http://www.dralk.co.uk)

[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)

Adverse events should be reported. Reporting forms and information in Ireland can be found at [www.hpra.ie](http://www.hpra.ie) and in the UK at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Dr Falk Pharma UK Ltd. at [PV@drfalkpharma.co.uk](mailto:PV@drfalkpharma.co.uk)

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