Inflammatory Bowel Disease Pathway, Ulcerative Colitis – Management of Flare (Primary Care)

1) Assess Disease Activity

The treatment of Ulcerative Colitis is stratified by the extent of inflammation and severity.
Extent is divided into proctitis (restricted to the rectum), left-sided colitis and extensive colitis (beyond the splenic flexure at colonoscopy).

2) Please Do Following Investigations:

i) Stool cultures, incl C. diff and OCP if travel history
ii) Blood tests FBC, U&E, LFT, Ca^{2+}, Alb, CRP
iii) Faecal test: Calprotectin or FIT as per local protocol

Assessment of disease activity in ulcerative colitis

	Bloody stools/day	Systemic disturbance (Pulse 90, temp 37, Hb 10.5, ESR/CRP >30)
Mild	<4 per day	No
Moderate	4-5 per day	No
Severe	6 or over	Yes

3) Treatment

Proctitis	Mild/moderate disease			Severe disease
	Mesalazine suppositories 1 g nocte, steroid suppository if Mesalazine intolerant If no response after 2 weeks, add oral Mesalazine 2.4 g od If deterioration, consider Prednisolone 40 mg od for 1 week, then reduce by 5 mg per week to 0 Engage with local IBD Service at early stage			Admit to hospital
Left-sided Colitis	**Mild disease**	**Moderate disease**		**Severe disease**
	Give oral Mesalazine 2.4 g od OR Mesalazine liquid enema 2 g nocte, steroid enema if Mesalazine intolerant If no response, give both oral Mesalazine 2.4 g od AND Mesalazine liquid enema 2 g nocte If still no response, add Prednisolone 40 mg od for 1 week, then reduce dose by 5 mg per week to 0 Engage with local IBD Service at early stage	Give Mesalazine liquid enema 2 g nocte AND oral Mesalazine 2.4 g od If no response, add Prednisolone 40 mg od for 1 week, then reduce dose by 5 mg per week to 0 Engage with local IBD Service at early stage		Admit to hospital
Extensive Colitis	**Mild/moderate disease**			**Severe disease**
	Give Mesalazine liquid enema 2 g nocte AND oral Mesalazine 2.4 g od If no response, add Prednisolone 40 mg od for 1 week, then reduce by 5 mg per week to 0. Engage with local IBD Service at early stage			Admit to hospital