

Pathway for adults with known uncomplicated
Ulcerative Colitis who may be having a flare

Remember to inform the patient's IBD
team that they are having a flare

Exclusions: age under 16, have a
stoma or fistula, have had surgery,
or on biological therapy

Y

These patients should have access to an
IBD specialist – please contact their team
before making any medication changes

N

Ask about triggers. Check adherence to medication (consider once daily dosing for maintenance therapy). Stop NSAIDs, avoid opiates and seek advice for pain relief from the IBD team if needed. Consider self-care for functional symptoms once inflammation has been excluded. See rcgp.org.uk/ibd and signpost to crohnsandcolitis.org.uk.

Tests: stool culture (including Clostridium difficile testing), U&E, FBC, ESR/CRP, faecal calprotectin. Consider self-care for mild symptoms including dietary advice and reducing stress. Seek advice from the IBD helpline, IBD team or on-call gastroenterologist if results are significantly abnormal.

Acute severe colitis:

> 6 bloody stools per day and systemic toxicity with at least one of:
Visible blood in stool; Pyrexia (temperature greater than 37.8C); Pulse
rate greater than 90bpm; Anaemia (Hb <105g/L); CRP >30mg/L

Y

Discuss with on-call
gastroenterologist/
medical team as
may need admission

N

Pancolitis or left-sided/extensive disease

Maximise oral 5-ASA (mesalazine):

Pentasa 4g, Mezavant XL 4.8g, Octasa 4.8g, Asacol 4.8g, Salofalk
3g. Consider half maximum doses for patients who have mild
disease and who are not currently taking an oral 5-ASA, or who are
on a lower maintenance dose.

Offer rectal therapy:

especially if incomplete response to oral 5-ASA

Mesalazine Salofalk foam enema 2g nocte, Pentasa liquid enema 1g
nocte, or Salofalk liquid enema

2g nocte. Consider locally acting oral agents if 5-ASAs not tolerated
or not effective Oral Cortiment (Budesonide MMX) 9mg od for up to
8 weeks or Clipper (Beclamethasone) 5mg od for 28 days.

Visit the NICE website for further info on doses:

[bnf.nice.org.uk/drug/budesonide.html#
indicationsAndDoses](http://bnf.nice.org.uk/drug/budesonide.html#indicationsAndDoses)

[bnf.nice.org.uk/drug/mesalazine.html#
indicationsAndDoses](http://bnf.nice.org.uk/drug/mesalazine.html#indicationsAndDoses)

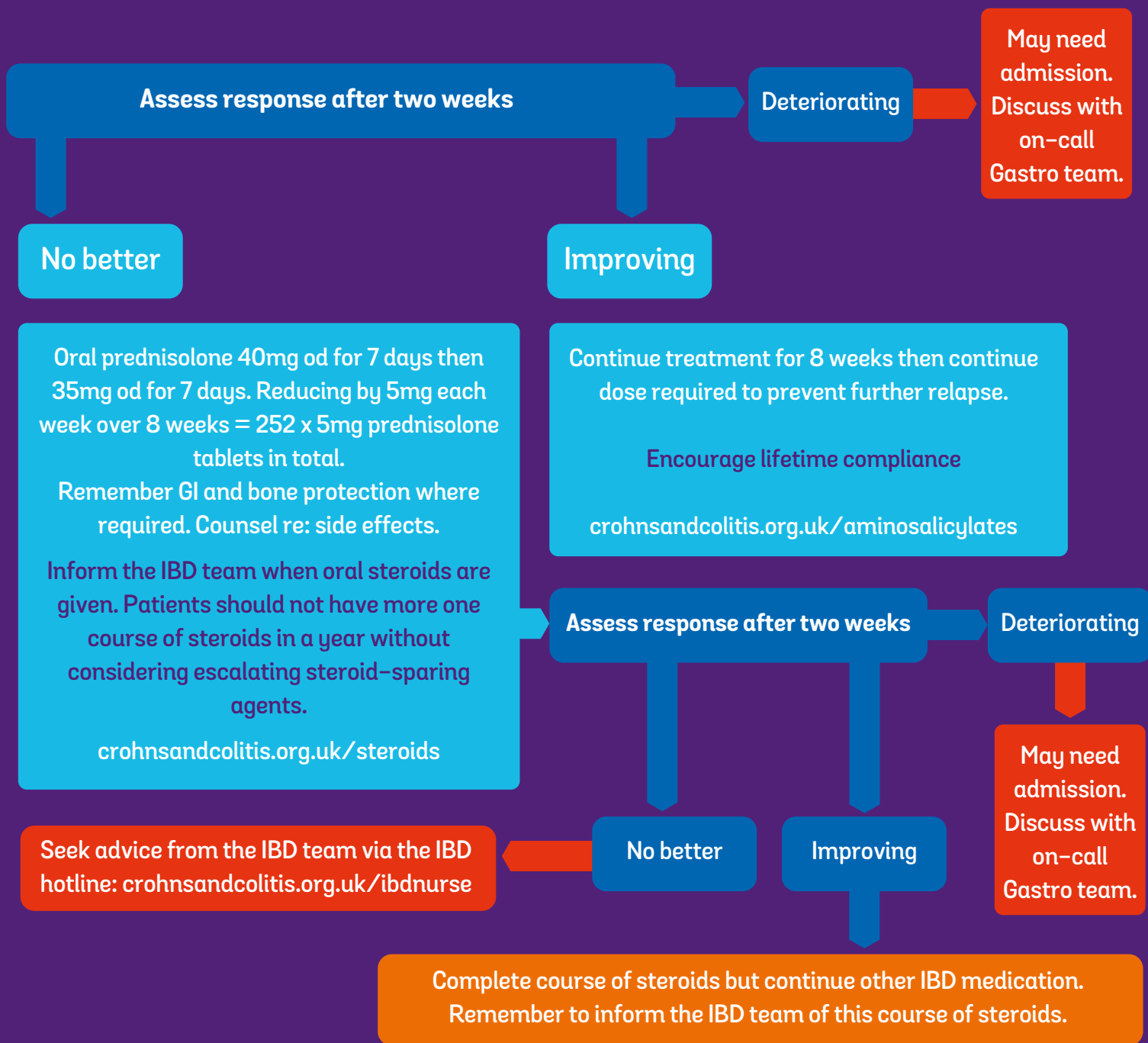
Proctitis:

Mesalazine Salofalk
suppository 1g nocte,
Octasa 1g suppository
nocte, Pentasa 1g
suppository nocte

**Assess response
after two weeks**

Please see page two

(continued flow from Pancolitis/extensive disease and proctitis or left sided disease pathways)



For more information on supporting patients with Crohn's or Colitis, see the RCGP and Crohn's & Colitis UK IBD toolkit:

www.rcgp.org.uk/ibd

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