

# Ulcerative Colitis Flare Pathway

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

Exclusions: age under 16, have a stoma or fistula, have had surgery, or on biological therapy (e.g. Humira).

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

Ask about triggers. Check adherence to medication. Stop NSAIDs. Consider self-care for mild symptoms including dietary advice and reducing stress. See rcgp.org.uk/ibd and signpost to crohnsandcolitis.org.uk.

Tests: stool culture, U&E, FBC, ESR/CRP, faecal calprotectin. Stop NSAIDs. Consider self-care for mild symptoms including dietary advice and reducing stress. Seek advice from the IBD helpline, IBD team or on-call gastroenterologist.

#### **Acute Severe colitis:**

6 or more bowel movements plus two or more features of systemic upset: Visible blood in stool Pyrexia (temperature greater than 37.8°C) Pulse rate greater than 90 bpm Anaemia (Hb <105g/L)

Erythrocyte sedimentation rate >30 mm/hr or CRP >40 mg/L

Y

Discuss with on-call gastroenterologist /medical team

Pancolitis/extensive disease

Proctitis or left-sided disease

## Maximise oral 5-ASA (mesalazine):

Pentasa 4g, Mezavant XL 4.8g, Octasa 4.8g, Asacol 4.8g, Salofalk 3g Still symptomatic – consider adding topical therapy:

Mesalazine Salofalk foam enema 2g nocte, Pentasa liquid enema 1g nocte, or Salofalk liquid enema 2g nocte Or add Clipper 5mg (Beclamethasone) OD for 28 days, or Budesonide

Visit the NICE website for further information on doses: bnf.nice.org.uk/drug/budesonide.html#indicationsAndDoses

bnf.nice.org.uk/drug/mesalazine.html#indicationsAndDoses

MMX (Cortiment) 9mg OD for 8 weeks.

#### **Proctitis**

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

### Left sided disease

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

Budesonide Budenofalk foam enema 2mg nocte, Budesonide Entocort liquid enema 2g or Prednisolone Predsol liquid enema 20mg nocte

Already taking and still symptomatic - Add oral 5-ASA maximum dose (see left)

Assess response after 2 weeks

**Deteriorating** 

May need admission. **Discuss with** on-call Gastro team.

No better

Oral prednisolone 40mg od for 7 days then 35mg od for 7 days. Reducing by 5mg each week over 8 weeks  $= 252 \times 5$ mg prednisolone

tablets in total.

Remember GI and bone protection. Counsel re: side effects Inform the IBD team when oral steroids are given. Patients should

not have more than one course of steroids in a year without considering escalating steroid-sparing agents.

Continue treatment for 8 weeks then revert to maintenance dose of oral mesalazine

**Improving** 

Encourage lifetime compliance

crohnsandcolitis.org.uk/aminosalicylates

crohnsandcolitis.org.uk/steroids

Assess response after 2 weeks

**Deteriorating** 

admission. **Discuss with** on-call Gastro team.

May need

No better

**Improving** 

Complete course

Seek advice from the IBD team via the IBD hotline crohnsandcolitis.org.uk/ibdnurse

**Endorsed by** 









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