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).

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. 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
- Anaemic (Hb <105g/L)
- Erythrocyte sedimentation rate >30 mm/hr or CRP >40 mg/L

Y

Discuss with on-call gastroenterologist /medical team.

N

Pancolitis/extensive disease

Maximise oral 5-ASA (mesalazine):
- Pentasa 4g, Mesavon 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 MMX (Cortiment) 9mg OD for 8 weeks.

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

N

Proctitis or left-sided disease

Proctitis

Mesorala 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 Budenafalk 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)

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

Assess response after 2 weeks

Improving

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

Encourage lifetime compliance

crohnsandcolitis.org.uk/aminosalicylates

Assess response after 2 weeks

No better

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

Deteriorating

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

Seek advice from the IBD team via the IBD hotline

crohnsandcolitis.org.uk/ibdnurse

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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