

Ulcerative Colitis (UC) Care Plan Considerations

This resource may help to facilitate shared decision making between you and your doctor for your UC journey. In it, you'll find an overview of the general classes of some of the medications used to manage UC. We encourage you to use this as a tool to talk with your doctor.

Some things to consider

- ✔ How your UC may be impacting you
- ✔ What questions you may have for your doctor to ensure a thorough conversation
- ✔ While this resource is designed to help you on your journey, it is not an exhaustive list of care options. The ultimate decision about your care plan will be made by your doctor



It's important to have an open and honest discussion with your doctor so they understand your UC and what is important to you.



Medications to help manage UC



Listed below are some medication classes used for UC. Your doctor may prescribe a medication based on the severity of disease (mild, moderate, severe) and various individual factors and preferences.

Steroids come in pill, liquid, topical, or enema form, and can be administered once or up to several times a day.

Aminosalicylates (5-ASAs) come in pill, suppository, foam, topical, or enema form. These medications are usually administered several times a day.

Immunomodulators come in a pill that can be taken daily or weekly. Some immunomodulators can also be administered by injection.

Small molecule medicines are usually taken as a once-daily pill.

Biologics and biosimilars are typically administered through an injection or intravenously (IV), frequency varies based on the biologic/biosimilar.



Surgery



Surgery could be considered for several reasons such as, but not limited to, UC being non-responsive to other long-term treatment or medical complications. UC surgery involves removal of the colon (colectomy). There are different surgical approaches you and your doctor may consider. Ask your doctor about any potential lifestyle changes a surgery might entail.



Ulcerative Colitis (UC) Care Plan Considerations

Plan for your next doctor's visit

Have an open and honest conversation with your doctor about your UC symptoms. Doing so might help your doctor assess your condition and work with you to find an approach to help you manage your UC.

Before the appointment

Here are some things to consider before meeting with your doctor

- Identify your goals
- Set a realistic time frame around any goals
- Think about any concerns or questions you may have about your UC and its management
- Create a list of prescription and non-prescription medications that you are taking


During the appointment

Openly discuss your symptoms

- Do you think you're currently flaring?
- How often is there blood in your stool?
- How frequent are your trips to the bathroom?

Openly discuss your care plan preferences

- What are the risks and benefits of my care options?
- What are the possible side effects?
- Will I need bloodwork or any other tests before or during treatment?
- Will I need any follow-up visits?
- How is this medication administered? Is it a pill, liquid, enema, injection, topical, or infusion?
- Will I require surgery or any other procedures?

Something to consider:
 Understanding your disease and communicating your preferences and care goals may help facilitate a better conversation with your doctor. Try taking notes before, during, and after the appointment to help you remember all the details.

Notes:



More tools and resources

Visit thisislivingwithuc.com to find more ways to work with your doctor.

