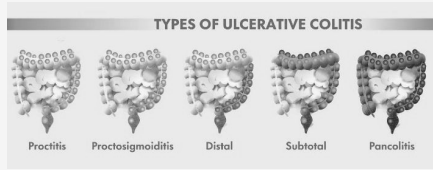


### ULCERATIVE COLITIS



### ULCERATIVE COLITIS

Ulcers in the colon & rectum. Starting in rectum & works up

Periods of inflammation & remission

**S/S:** cannot store contents, cannot distinguish between gas & solids, fatigue, low energy, small stools

#### Montreal classification

**E1:** Ulcerative proctitis (distal to the rectosigmoid junction)

**E2:** left sided UC (distal to the splenic flexure)

**E3:** Extensive UC (proximal to the splenic flexure)

#### Causes (both)

not known exactly - genetics, smoking, abnormal immune system, bacteria, environmental triggers, low fibre

#### Risk factors (both)

genetics	smoking
infections	antibiotics
dysregulated immune response	

#### Diagnosis (both)

Exclude infections and gastroenteritis

Stool test – faecal calprotectin (measures inflammation)

Endoscopy, colonoscopy, sigmoidoscopy, CT/MRI

Biopsies UC vs DC

#### Biochem

↓ RBC

↑ WBC

↑ CRP

**UC** – ↑ pANCA

**CD** – ↑ ASCA

### Medications

**Aminosalicylates (Sulfa-salazine, Mesalazine) (UC ONLY)** Long-term to maintain remission in mild-to-moderate UC. Nausea, ↓ appetite, diarrhoea, folate deficiency

**Corticosteroids (Prednisolone, Prednisone, budesonide)** Reduce inflammation quickly; short term. ↑ d appetite, weight gain, fluid retention, bone loss → Ca & Vit D supps

**Antibiotics (Metronidazole, ciprofloxacin)** Nausea, ↓ appetite, diarrhoea, ↓ Vit K

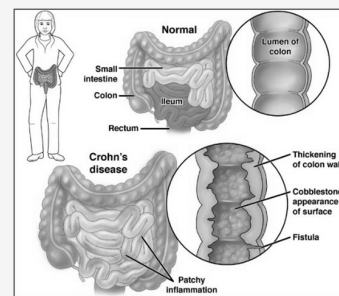
**Immunomodulators (azathioprine (Imuran), mercaptopurine (Purine-thol), thioguanine (Lanvis))** suppress the immune system. Up to 3 months to work

**Biologics (infliximab (Remicade), adalimumab (Humira), vedolizumab (Entyvio))** Target specific inflammation pathways for moderate-severe-IBD. Fatigue, weight changes, ↑ d infection risk, altered gut absorption

**Methotrexate** ↓ growth of cells and suppress the immune system. Causes low folate levels. Nausea, ↓ appetite, liver toxicity

**Steroids** Reduce inflammation. Stimulates appetite. Swelling, weight gain, hair growth and acne. Often need Ca & Vit D supps.

### CROHN'S DISEASE



### CROHN'S DISEASE

Chronic inflammation - affect Entire GIT – commonly end of S.I (ilium) & start of L.I

immune system upregulated – not able to turn itself off again

**Characteristics:** Fat wrapping around bowel. Muscle hypertrophy. Fissures (small tears). Strictures (narrowing of part of the intestine because of scar tissue). Fistulas (opening, connection forms between two organs/skin)

**S/S:** Abdominal pain, diarrhoea, weight loss, loss of appetite, anal skin tags, stunted growth (children), mouth ulcers, blood in stools

### CROHN'S DISEASE

#### Montreal classification

**Age of diagnosis** A1 <16 yr

A2 17-40 yr

A3 >40 years

**Location** L1 ileal

L2 colonic

L3 ileocolonic

L4 isolated upper disease

**Behaviour** B1 non-stricturing, non-penetrating

B2 stricturing

B3 penetrating

P perianal disease

### Nut Reqs

**E:** 125-145kj/kg (active), 100-125 kj/kg (remission)

**P:** 1.2-1.5kj/kg (active), 0.8-1g/kg (remission)

### Intervention

Remission = varied healthy diet

No evidence to restrict fibre unless strictures or an obstruction

ONS/EN if indicated

### Screen for malnutrition

#### CROHNS ONLY DURING FLARE - Exclusive Enteral Nutrition

**(EEN):** nutritionally complete formula as sole source of nutrition – no food, but water allowed (6-8 weeks)

#### PAEDS CHRON'S ONLY - Crohn's Disease Exclusion Diet (CDED) +

partial enteral nutrition (PEN). Reduces dairy, wheat, animal fat, emulsifiers, pre-packaged foods, alcohol, coffee, artificial sweeteners

### Consider

Strictures, avoid "stringy" = avoid – celery, pineapple, organs, mangoes, gristly meats

Dairy products – transient lactose intolerance during flares

Patients mental health – draining, painful condition

PN – if ileus, ischemia, high output fistula

### Example PESS

*Chronic disease or condition related malnutrition (NC-4.1.2)*

### Guidelines & References

Bishoff et al. ESPEN practical guideline: Clinical nutrition in inflammatory bowel disease

Forbes et al. ESPEN guideline: Clinical nutrition in inflammatory bowel disease



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