



Patient & Family Guide  
2016

# Ulcerative Proctitis



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# Ulcerative Proctitis

## What is Inflammatory Bowel Disease?

Inflammatory bowel disease (IBD) is the general name for diseases that cause inflammation (swelling and irritation) in the intestines (“gut”).

It includes the following:

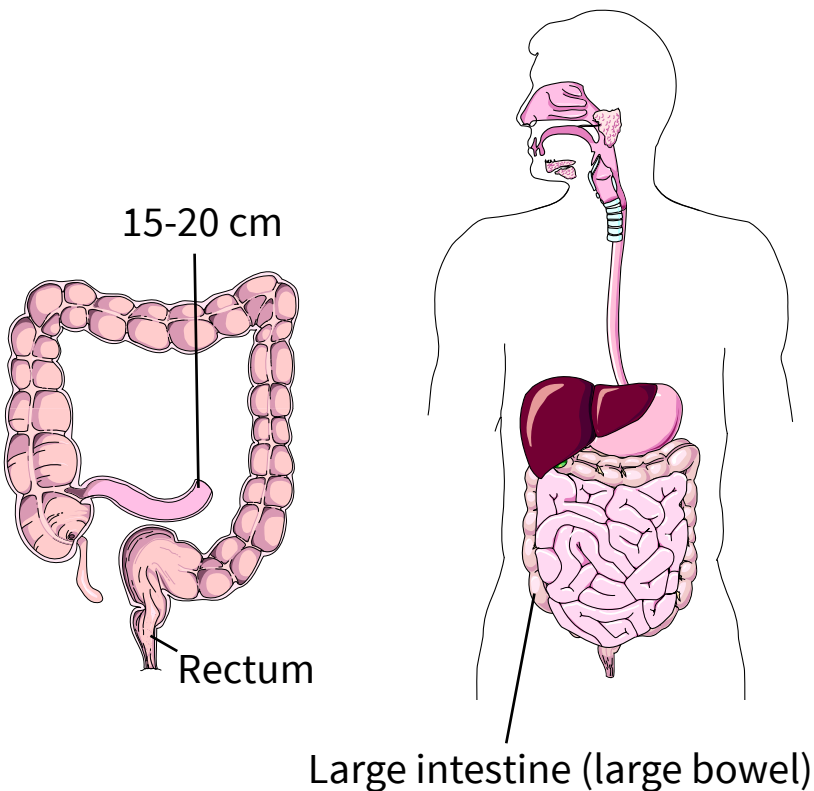
- Ulcerative proctitis
- Crohn’s disease
- Ulcerative colitis

**What are your questions?**

**Please ask. We are here to help you.**

## What is ulcerative proctitis and how is it different from ulcerative colitis?

Ulcerative proctitis (UP) is a type of ulcerative colitis (UC). UC is an inflammatory disease of the colon (large intestine or large bowel). The inner lining of the colon becomes inflamed and has ulcerations (sores). The entire large bowel is involved in UC. When only the lowest part of the colon is involved (the rectum, 15 to 20 cm from the anus), it is called ulcerative proctitis.



## **How is ulcerative proctitis diagnosed?**

- A test called a sigmoidoscopy will tell us if you have this problem. The doctor uses a special tube which bends and has a small light and camera on the end to look at the inside of your lower bowel and rectum. The tube is passed through the anus to the rectum and into the last 25 cm of the large bowel.
- A biopsy (small piece of bowel tissue is taken) during the test and sent to the lab for study.
- Most people do not find the test and biopsy uncomfortable and medicine to relax or make you sleepy is not usually needed.

## **What are the symptoms of ulcerative proctitis?**

- Rectal bleeding and itching, passing mucus through the rectum, and feeling like you always need to pass stool (poop) even though your bowel is empty.
- Low cramp-like belly pain (below your belly button).
- Diarrhea (3 or more liquid bowel movements (poop) per day) and/or constipation (few or hard to pass bowel movements).

People with UP are still able to take in the food their body needs through their bowel (i.e. electrolytes and water) to maintain general good health.

## **What are the treatments for ulcerative proctitis?**

- There is no cure.
- There are medicines that will lower swelling in the bowel. This lets the bowel heal and helps symptoms of rectal bleeding, diarrhea, and belly pain.
- A common treatment is rectal therapy. Rectal therapy may include suppositories, enemas, or foams that are used locally (directly on the area) to lower inflammation.
- Your doctor may order some of these aspirin-like drugs (called aminosalicylates) to help control your symptoms:
  - › Mesalamine (Asacol<sup>®</sup>, Mezavant<sup>®</sup>, Pentasa<sup>®</sup>)
  - › Sulfasalazine (Salazopyrin<sup>®</sup>)



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If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.