



Patient & Family Guide  
2021

# Ulcerative Proctitis



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# Ulcerative Proctitis

Ulcerative proctitis is a type of inflammatory bowel disease.

## 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:

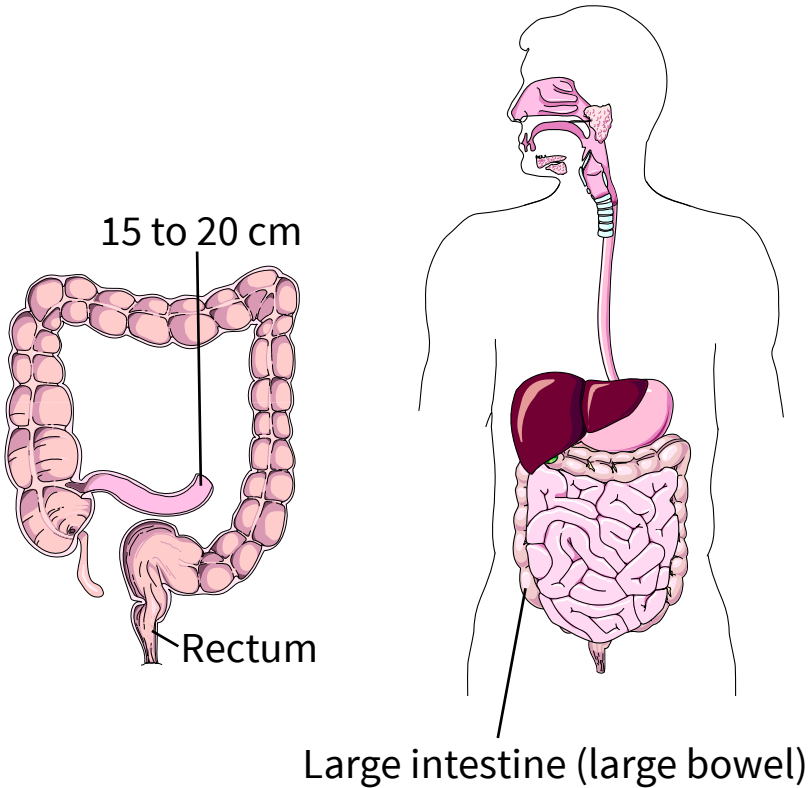
- Ulcerative proctitis
- Crohn’s disease
- Ulcerative colitis

**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 a condition that causes the whole inner lining of the colon (large intestine or large bowel) to get red and swollen with sores called ulcers. 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 testing.
- Most people do not find the test and biopsy uncomfortable. Medicine to relax or make you sleepy is not usually needed.

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

- Blood in the toilet, on toilet paper, or in your bowel movements (poop)
- Itching from your rectum (bum)
- Mucus in your bowel movements
- Feeling like you always need to have a bowel movement even though you do not have to
- An urgent (right away) need to poop
- Belly pain (cramp-like pain below your belly button)

- Diarrhea (3 or more liquid bowel movements 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 (like electrolytes and water) to stay healthy.

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

- UP is treated with medicines, changes in eating habits, and sometimes surgery. The goal is to relieve symptoms, prevent flare-ups, and try to heal the inflamed intestines. 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>)



### **Looking for more health information?**

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Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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