

Mild / Moderate flare:

- 2-5 trips to the toilet in 24hrs (or noticeable increase from your usual frequency)
- Small amounts of blood
- Mild urgency
- Little or no need to get up from sleep
- Good appetite and energy
- No fever



Use mesalazine suppositories 1g at night, or increase to 1g twice a day.

Start / increase oral mesalazine to max. treatment dose (e.g. 4g per day of Pentasa, 4.8g per day of Asacol, 3g per day Salofalk granules).

Access more supplies from your GP.

Severe symptoms include:

- 6+ trips to the toilet
- Nocturnal symptoms
- Large volumes of blood
- Fever
- Pain
- Weight loss

**Contact IBD helpline now.
Optimise other treatment
as for mild / moderate.
Likely to need steroid course.**

Side effects:

If you are experiencing side effects from these medications please tell us straight away on the IBD helpline.

**Review
progress at
one week**

If you are getting better:

Continue this increased treatment until you are feeling well (4-6 weeks), then gradually reduce (over a few weeks) to your usual baseline. If you are using suppositories as maintenance, then three times a week should be enough. Oral medication should remain daily.

If you are NOT getting better:

Continue this treatment
Contact the IBD helpline 01273 664427 or
ibd nursingservice@bsuh.nhs.uk

Consider course of steroid (oral or rectal)

**Avoid non-steroidal anti-inflammatories
(such as ibuprofen, diclofenac, naproxen)**

Knowledge is power!

- Learn about your colitis – read up at www.crohnsandcolitis.org.uk
- Join your local CCUK group
- Attend a study day or new patient group

**Get a CCUK “Can’t Wait!”
card and a RADAR key,
to allow you access to
disabled toilets.**

Keep in touch:

Let us know straight away if you are having trouble:



ibd nursingservice@bsuh.nhs.uk



01273 664427

- Know your flare triggers
- Stress and tiredness can’t always be avoided, but make sure you look after yourself
- Find time to rest, relax and exercise
- Seek help if stress is getting on top of you
- Be extra vigilant for early symptoms during these times

**Don’t stop or alter your medication without
discussing it with your IBD team.**

Diet:

- Eat a healthy balanced diet
- Do not starve yourself to artificially reduce your need to go to the toilet
- During a flare up:
 - eat small amounts regularly
 - drink plenty of fluids
 - reduce your fibre intake