

Discharge Instructions for Ulcerative Colitis



You have been diagnosed with ulcerative colitis. This is inflammation (irritation and swelling) that happens in the rectum and colon. It's a form of inflammatory bowel disease (IBD). Experts aren't sure what causes IBD. But the symptoms can be treated. People with IBD can lead full, active lives.

Home care

Recommendations for home care include:

- Follow the diet that was prescribed for you in the hospital:
 - Don't have any foods that make your symptoms worse. These foods vary from person to person.
 - Keep a diary of foods that disagree with you. Share this information with your healthcare provider or nutritionist.
- Take your medicines as directed. Your provider may ask you to take several different types.
- Talk with your provider about the need for surgery. In more severe cases when medical therapy is not effective, some may need to have their colon removed. This treatment has side effects and complications. Consult with your healthcare provider to help you make the best decision for your condition.

Follow-up care

Make a follow-up appointment as directed by our staff. Call your healthcare provider if you have any questions about your ulcerative colitis or your medicines.

When to call your healthcare provider

Call your healthcare provider right away if you have any of these:

- Bleeding from your rectum
- Worsening pain, new pain, or cramping in your belly
- Bloody diarrhea
- Fever of 100.4°F (38.0°C) or higher, or as directed by your provider
- Chills
- Weight loss
- Upset stomach
- Vomiting

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