



DOCTOR DISCUSSION GUIDE

Managing Ulcerative Colitis

If you've been diagnosed with ulcerative colitis, it's important to start treatment promptly so you can avoid complications. Asking the right questions during your conversation will help you know what to expect and how to better navigate your condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Proctitis	Inflammation in the end of the colon (rectum) and opening of the rectum (anus).
Sigmoid	The final part of the large intestine leading to the rectum. The name comes from its S-shape, like the Greek letter sigma.
Inflammatory Bowel Disease (IBD)	The term used to describe conditions that cause inflammation, ulceration, and bleeding in the intestines, usually as a result of an improper immune response. IBD includes ulcerative colitis and Crohn's disease. IBD should not be confused with irritable bowel syndrome (IBS), which does not lead to inflammation and damage caused by the body's immune system.
Hematochezia	The medical term for when you see fresh, bright red blood in your stool.
Endoscopy	A procedure used to help diagnose IBD. A scope is passed through various parts of the gastrointestinal tract including the esophagus and stomach (upper endoscopy) as well as the colon, rectum, and intestine (colonoscopy).
Extraintestinal	UC symptoms are usually focused in the gastrointestinal system, but some patients with IBD have symptoms in other parts of the body. Extraintestinal manifestations of inflammatory bowel disease can affect the eyes, skin, and joints.
Remission	A period where inflammation from UC subsides and symptoms lessen or go away.
Tenemus	The medical term for feeling as though you have to have a bowel movement, or sensation that you have not completely emptied your bowels after going to the bathroom.

