**CASE - Ulcerative Colitis:**

Mrs.D. has recently been admitted with an episode of acute severe ulcerative colitis. This is her third flare this year. This time she has a 5-day history of bloody diarrhea with abdominal pain. On average she is opening her bowels seven times a day. She is currently taking mesalazine 800 mg three times daily and prednisolone 20 mg daily. Mrs. D also has an elevated temperature of 38°e and a pulse rate of 92 bpm. She is due to have an abdominal X-ray and a stool culture.

Her biochemistry results are reported as:

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| --- | --- | --- |
| Na+ | 143 mmol/L | (range 133 to 14S mmol/L) |
| K+ | 3.2 mmol/L | (range 3.3 to S.1 mmol/L) |
| ereatinine | 81 micromol/L | (range 44 to 80 micromol/L) |
| Urea | 7.2 mmol/L | (range 1.7 to 8.3 mmol/L) |
| Albumin | 28 g/L | (range 34 to 48 g/L) |
| Hb  wee | 10.4 g/dL  14 x 109/L | (range 11 to 16 g/L)  (range 3.S to 11 x 109/L) |
| ESR | 38 mm/h | (range 0 to 9 mm/h) |
| eRP | 9S mg/L | (range less than S mg/L) |

**Questions:**

1. Why is she taking mesalazine?
2. What adverse effects should Mrs D be particularly aware of?
3. What signs and symptoms indicate that she needs to be admitted?
4. Why does she have a low potassium and a low albumin?
5. Why is she having an abdominal X-ray and stool cultures done?
6. How should this flare be managed?

Several days later you see Mrs D, who is distressed as she is not responding to treatment and she desperately wants to avoid surgery. The consultant has sug- gested that ciclosporin may be an option, and she asks to talk to you about it.

7) Why is surgery likely?

8) What is the evidence for the use of ciclosporin?

9) What should you discuss with her about the use of ciclosporin?

10) What dose of ciclosporin should she receive and how should it be given?

Mrs D is now very much recovered and is due to go home.

11) What drugs would you expect her to be discharged on?

12) What monitoring would you do?

13) What counselling should she be given?

14) What future treatment is she likely to receive?

15) Do antibacterials have a role in ulcerative colitis?