

Ulcerative Colitis Action Plan

Gastrointestinal Society

Patient Name _____

Office Contact _____

Gastroenterologist _____

Date _____

Office Phone _____

Other Phone _____

Green Zone

Doing Well



- regular bowel movements
- no visible blood within/on stool
- no abdominal cramps/pain
- no fever/chills
- no nighttime stools

Fecal Calprotectin Level (Date)

_____ (_____) _____ (_____) _____ (_____)

Take Your Maintenance Medications as Instructed

medicine name/dose/when to take it

Yellow Zone

Inflammation is Getting Worse



- 3 or more stools per day than normal
- visible blood streaks within/on stool
- moderate abdominal cramps/pain
- no fever/chills
- no nighttime stools

If you are in the yellow zone, and your symptoms last longer than a week, call your gastroenterologist or family doctor to inform them of your flare and any actions you have taken to manage it, so they can follow up.

Further Action

- continue to take your maintenance medications listed above
- take the following rescue medications (e.g., topical enemas, suppositories, etc.):

- you may be asked to complete the following test(s) as soon as possible:
 - blood work
 - stool tests (e.g., stool cultures, fecal calprotectin)

Red Zone

Medical Alert!

- fever/chills
- passing blood only
- not able to pass gas/stool
- significant abdominal cramps/pain
- unable to eat/vomiting
- nighttime stools
- severe symptoms



If you are in the red zone, call your gastroenterologist or family doctor. If you are unable to reach your doctor, then leave a message to inform them if you are going to the hospital.



badgut.org

Gastrointestinal Society
Canadian Society of Intestinal Research

This Action Plan is intended to help you manage ulcerative colitis in between visits with your gastroenterologist. Created by the Gastrointestinal Society in conjunction with Vivian Huang, MSc, MD, FRCPC, James R. Gray, MD, CCFP, ABIM, FRCPC, and Mindy C.W. Lam, MD FRCPC MSc MSc BSc(H).