Managing Patients With Ulcerative Colitis

Goals for Management

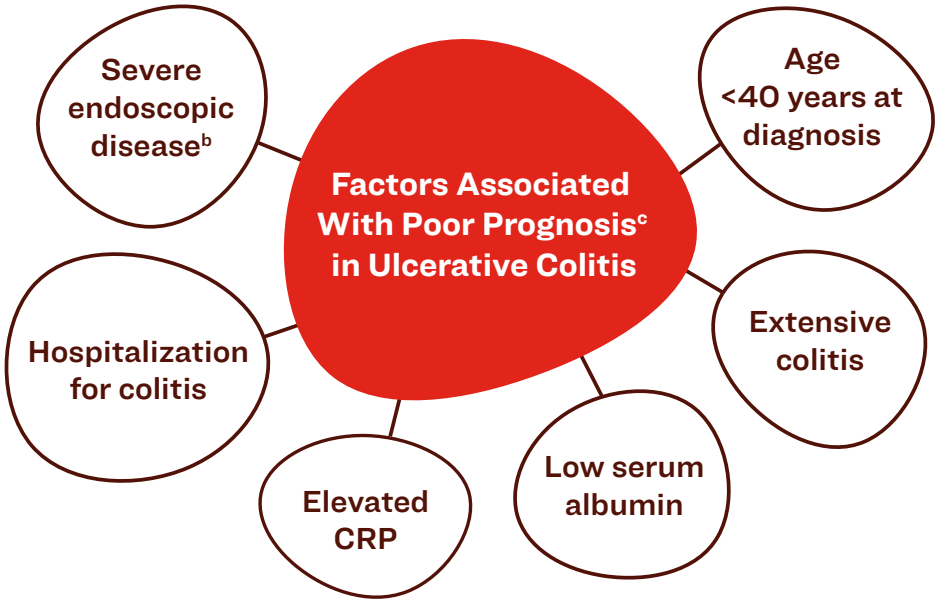
Restore **normal bowel frequency** and control primary symptoms **(bleeding and bowel urgency)** in the immediate term[1,2]

Normalize biomarkers (CRP and/or FCP) as an intermediate goal and use to assess treatment in the absence of endoscopy[1,2]

Strive for combined **symptomatic remission** (improvement in PROs)[a] and **endoscopic healing** (restoration of intact mucosa without friability)[1,2]

Achieve and maintain **steroid-free remission** and **restore quality of life** in the long term[1,2]

Control **mucosal inflammation** to reduce risk of dysplasia and other complications through routine visits addressing health maintenance needs[1]



Therapy selection should be based on disease extent, severity, and prognosis[1]

[a]Defined as normal stool frequency and no rectal bleeding. [b]Mayo Endoscopic Subscore=3, UCEIS ≥7. [c]Measured by the likelihood of colectomy.
CRP=C-reactive Protein; FCP=Fecal Calprotectin; PROs=Patient-reported Outcomes; UC=Ulcerative Colitis; UCEIS=Ulcerative Colitis Endoscopic Index of Severity.

1. Rubin DT, et al. *Am J Gastroenterol*. 2025;120(6):1187-1224. 2. Turner D, et al. *Gastroenterology*. 2021;160(5):1570-1583.

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