

Bowel Urgency in Ulcerative Colitis: Current Perspectives and Future Directions

Developed under the direction and sponsorship of Lilly Medical Affairs and is intended for US healthcare professionals only.

Bowel urgency (BU) is one of the most bothersome symptoms experienced by patients with UC, impacting QoL and psychosocial functioning. Cross-sectional and observational studies indicated:

>80% >80% of patients with UC report BU



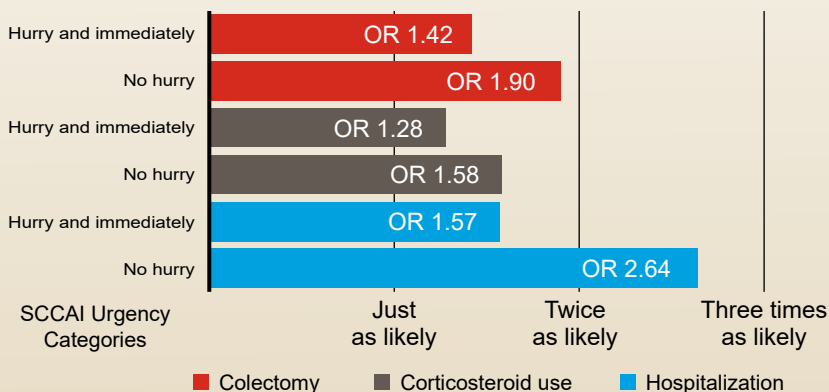
Up to 50% experience BU at least once a day



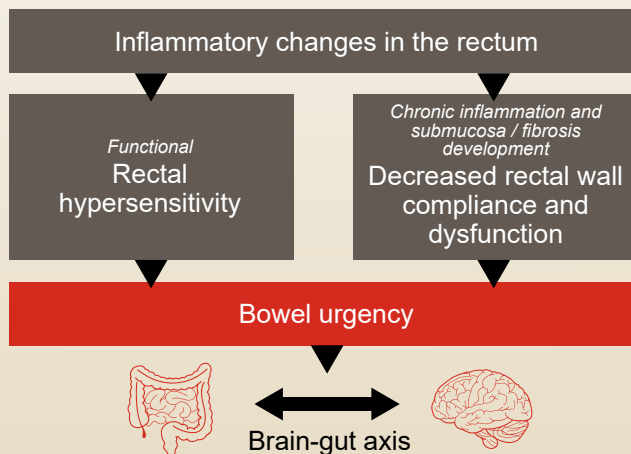
45% of US patients with moderate-to-severe UC have worn protection at least once a week within the last 3 months

Patients with UC or Crohn's disease and mild-to-severe BU are almost 6-fold more likely to have active disease as measured by the IBD SI vs those without BU

All levels of BU and urge incontinence have been associated with increased risk of **colectomy**, corticosteroid use, and **hospitalization**:



The mechanisms of BU in patients with UC is multifactorial:



The communication gap between patients and HCPs contributes to suboptimal outcomes. Data from the CONFIDE study indicated that:

Less than half of patients reported feeling comfortable disclosing bowel urgency to their HCP, most commonly due to embarrassment



30% of patients from the US



43% of patients from Europe

24% of patients ranked BU as having the greatest impact on patients' lives

HCPs do not discuss BU, most commonly due to the assumption that patients will initiate the conversation

4% of HCPs ranked BU as having the greatest impact on patients' lives



BU is not among the top 3 symptoms impacting HCPs' treatment decisions

Holistic approach to managing BU and patient assessments

BU is **one of the top three factors** contributing to **treatment satisfaction**



Patient education



Emotional and psychosocial support



Biofeedback and pharmacotherapy, as needed

PROs are increasingly prominent in the assessment of patients with UC:

- 29-item Symptoms and Impacts Questionnaire for Ulcerative Colitis (SIQ-UC)
- Ulcerative Colitis Patient-Reported Outcomes Signs and Symptoms measure (UC-PRO/SS)
- Patient-Reported Outcome-Ulcerative Colitis (PRO-UC) diary
- Urgency Numeric Rating Scale (NRS)

There remains a need for the inclusion of BU in the assessment of IBD

Clinical guidelines addressing BU: **“Resolution of rectal bleeding and urgency, normalization of bowel habits, and improvement in general well-being should be the goal of patient-reported outcomes”** – American College of Gastroenterology, 2019

Management of BU can improve QoL and treatment satisfaction for patients with UC.

More research is needed on the mechanisms of BU and the use of assessments to measure treatment efficacy.

BU=Bowel Urgency; HCP=Healthcare Practitioner; IBD=Inflammatory Bowel Disease; IBD SI=Inflammatory Bowel Disease Symptom Inventory; SCCAI=Simple Clinical Colitis Activity Index; OR=Odds Ratio; PRO=Patient-Reported Outcome; QoL=Quality of Life; UC=Ulcerative Colitis; US=United States.

1. Dubinsky MC, et al. American Journal of Gastroenterology. 2023. doi:10.14309/ajg.0000000000002404.

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