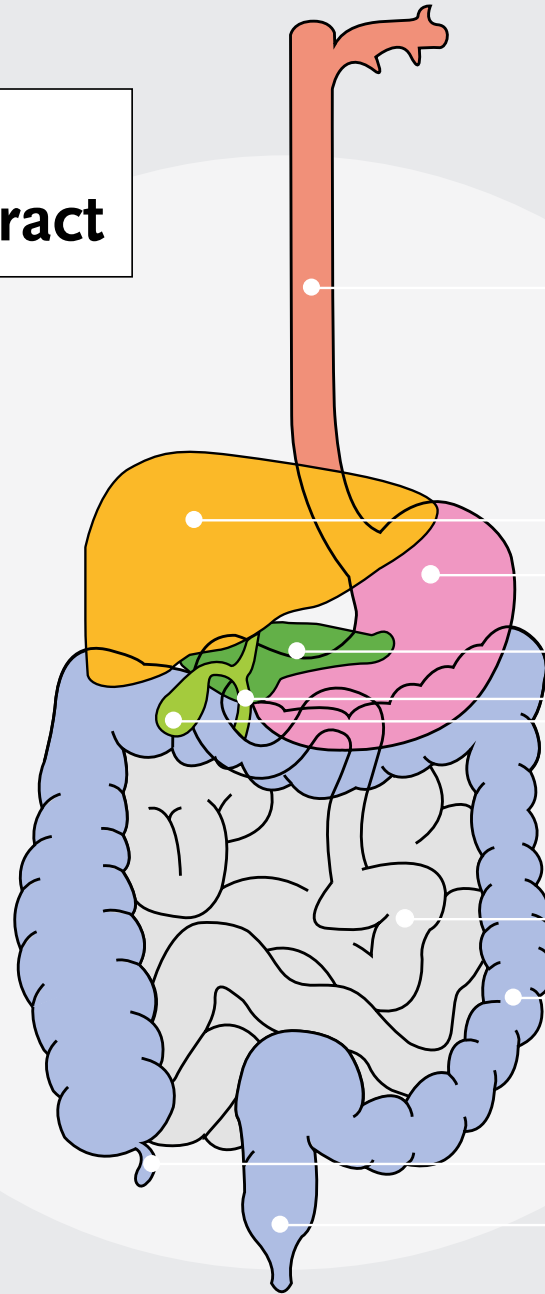




GI & liver conditions
explained

Anatomy of the gastrointestinal tract



Oesophagus

Liver

Stomach

Pancreas

Common bile duct

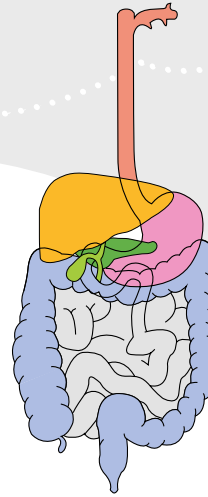
Gallbladder

Small intestine

Colon

Appendix

Rectum



Introduction

This discussion guide is designed to help you discuss GI and liver conditions with your patients.

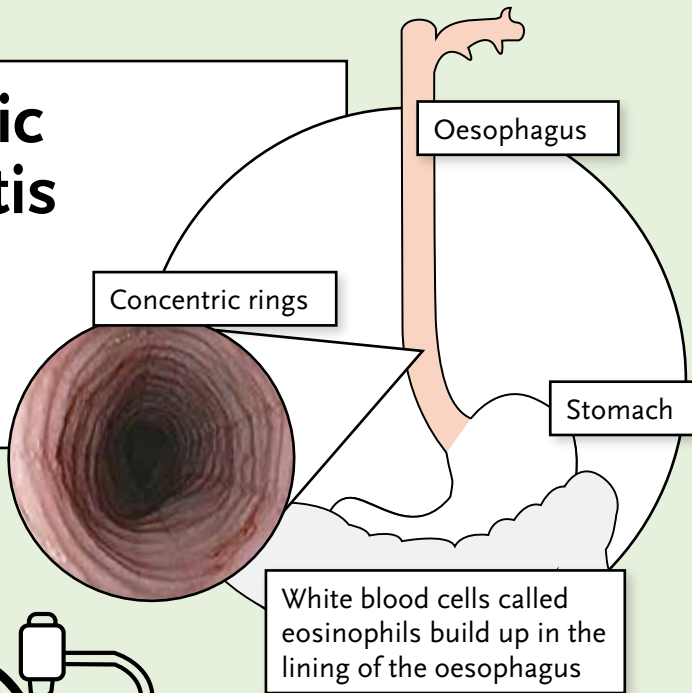
Receiving a diagnosis can be overwhelming for some patients, and too often there is little time to tell them everything they need to know. This tool was made to support both you and your patients in these situations.

For each topic, there is one page for your patient and one for you. The patient pages are illustrated to help patients visualise and absorb new information. On the opposite page, you'll find suggestions of relevant points you might find helpful to explain.

Of course, you are best placed to gauge the need for information and your patient's level of understanding. The end goal is always the same – to help patients feel informed about their condition and in control of their care.

Eosinophilic oesophagitis (EoE for short)

A condition causing inflammation of the oesophagus



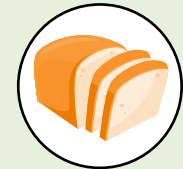
Download KEOEPING Track app for EoE patients



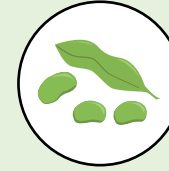
EoE can be triggered by eating certain food allergens



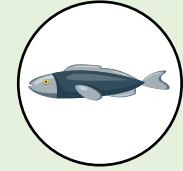
Milk



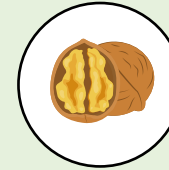
Wheat



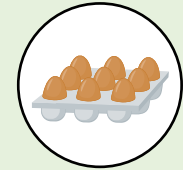
Soy



Fish

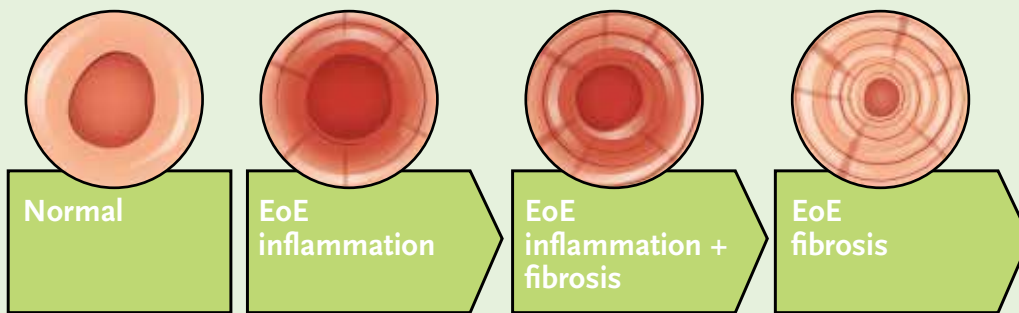


Nuts



Eggs

If it's not treated, inflammation can cause changes to the oesophagus



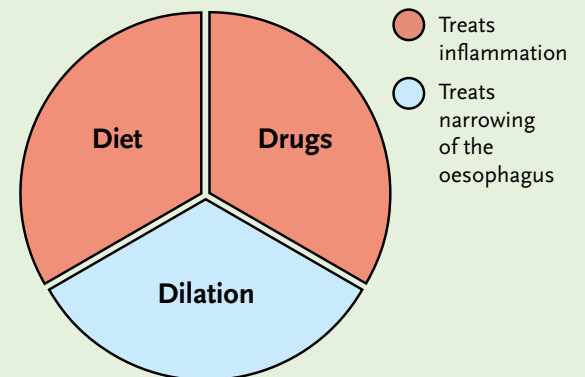
Patient video

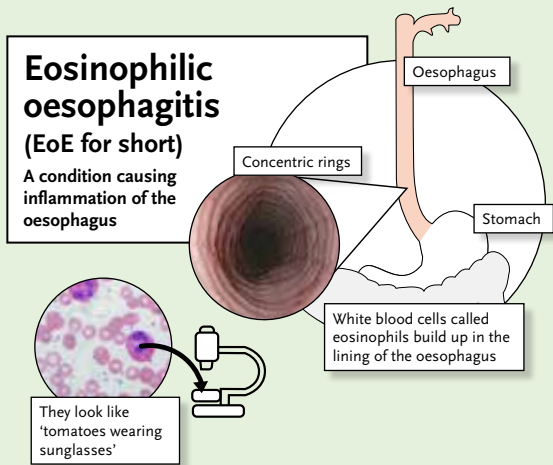
Scan here for more information about EoE



Patient leaflet

Treatments fall into three main categories





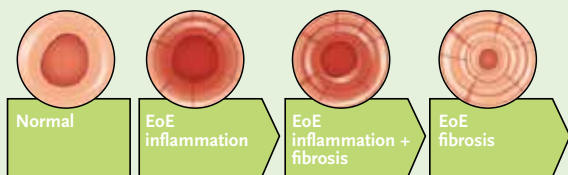
Eosinophilic oesophagitis

(EoE for short)

A condition causing inflammation of the oesophagus

- Oesophagitis is inflammation of the lining of the oesophagus, the muscular tube that carries food from your mouth to your stomach¹
- Eosinophils are a type of white blood cell that helps defend your body from infection^{2,3}
- Normally eosinophils are present in very low levels in the oesophagus, but in EoE, they build up in the lining of the oesophagus and produce proteins that cause inflammation^{4,5}

If it's not treated, inflammation can cause changes to the oesophagus



- Inflammation leads to scarring, narrowing and the formation of fibrous tissue in the lining of the oesophagus, making it harder for it to stretch⁶
- This can cause difficulty swallowing, known as 'dysphagia' in medical terms, the most common symptom of EoE⁷
- EoE isn't considered to be life threatening, but it can impact on your eating habits, social plans and overall quality of life^{3,6}
- Some people find that spending more time chewing and drinking lots of water helps stop food getting stuck⁸

EoE can be triggered by eating certain food allergens

- EoE is sometimes called 'asthma of the oesophagus'⁵
- We don't know exactly what causes EoE, but it seems like in some people it's triggered by eating certain foods or breathing in certain allergens in the air⁷
- EoE has been linked to other allergic conditions such as asthma, eczema, and food allergies, but the connection isn't fully understood^{3,5}



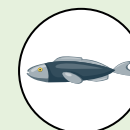
Milk



Wheat



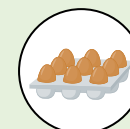
Soy



Fish

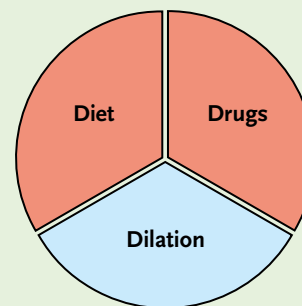


Nuts



Eggs

Treatments fall into three main categories



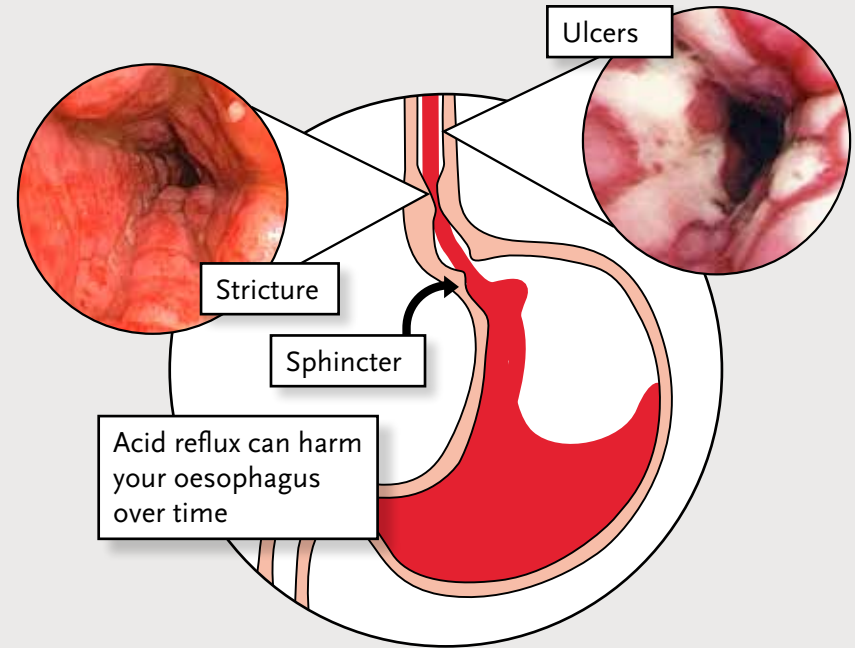
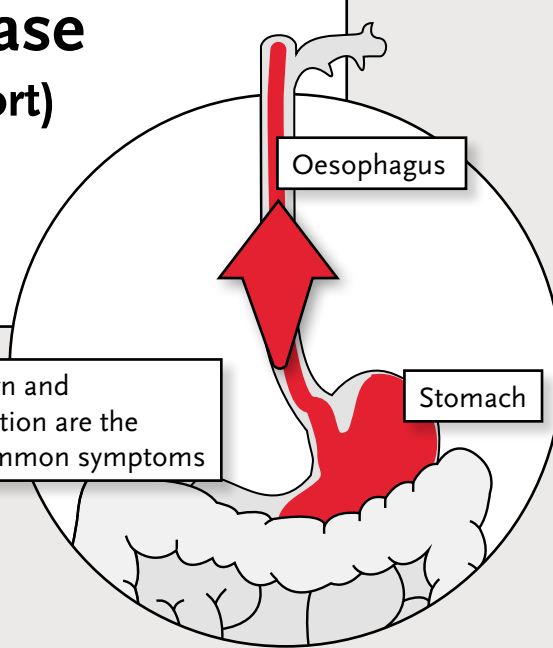
- Treats inflammation
- Treats narrowing of the oesophagus

- Treatment has three main parts: diet, drugs and dilation⁷
- One way to reduce inflammation is to avoid trigger foods. To find out which foods are the problem, suspicious foods can be removed and slowly reintroduced^{6,7}
- Drugs can also help ease inflammation – there is a steroid for EoE that slowly dissolves in your mouth to evenly coat your oesophagus⁹
- Some people experience narrowing of the oesophagus that can be treated with dilation to make swallowing easier⁷

Gastro-oesophageal reflux disease (GORD for short)

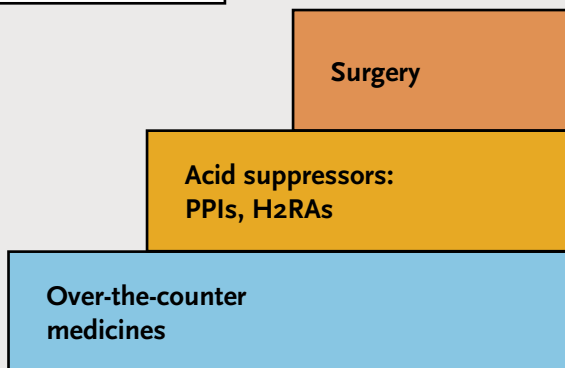
A condition causing acidic juices to leak from the stomach into the oesophagus

Heartburn and regurgitation are the most common symptoms



Our goal is to relieve your symptoms and heal your oesophagus with:

Medical interventions



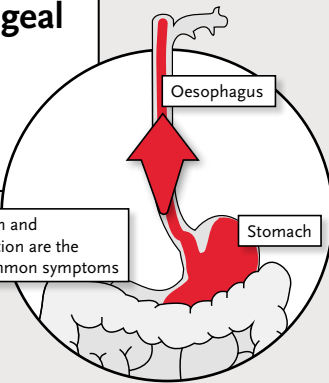
Lifestyle modifications

-  Manage your weight
-  Avoid reflux triggers
-  Don't smoke
-  Avoid large meals or eating late at night
-  Elevate your head
-  Lie on your left side

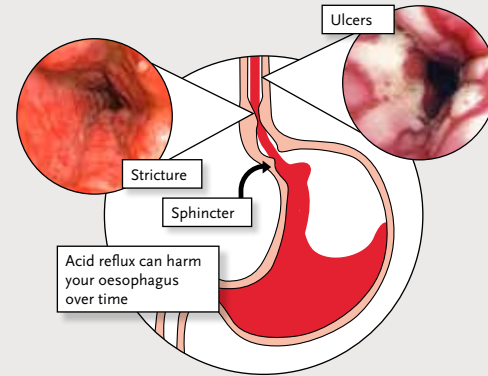
Gastro-oesophageal reflux disease (GORD for short)

A condition causing acidic juices to leak from the stomach into the oesophagus

Heartburn and regurgitation are the most common symptoms



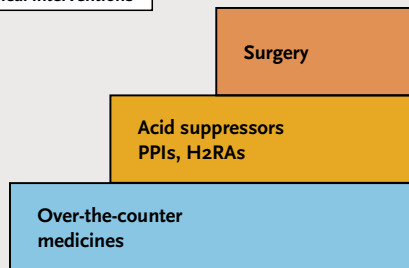
- GORD is one of the most common diseases affecting the gastrointestinal tract¹
- The main symptom is heartburn (when stomach acid leaks into the oesophagus after a meal) and regurgitation (when it travels up to the mouth)¹
- It's normal to have acid reflux once in a while, but the episodes are much more frequent and troublesome when you have GORD¹



- There's a circular bit of muscle called a lower oesophageal sphincter that closes off the stomach from the oesophagus¹
- In people with GORD, the lower oesophageal sphincter stops working properly and stomach acid flows backwards into the oesophagus^{1,3}
- We can treat your reflux to stop it from causing problems like ulcers (small sores), strictures (narrowing of the oesophagus) and Barrett's oesophagus (changes to the lining of your oesophagus)⁴

Our goal is to relieve your symptoms and heal your oesophagus with:

Medical interventions



- You may have already tried over-the-counter drugs like antacids, and if they're working well you should keep taking them³
- Acid suppressors like proton pump inhibitors, or PPIs for short, are an effective treatment for a lot of people – they lower the amount of acid your stomach produces⁵
- If medicine isn't relieving your symptoms, we might consider surgery later on¹

Lifestyle modifications

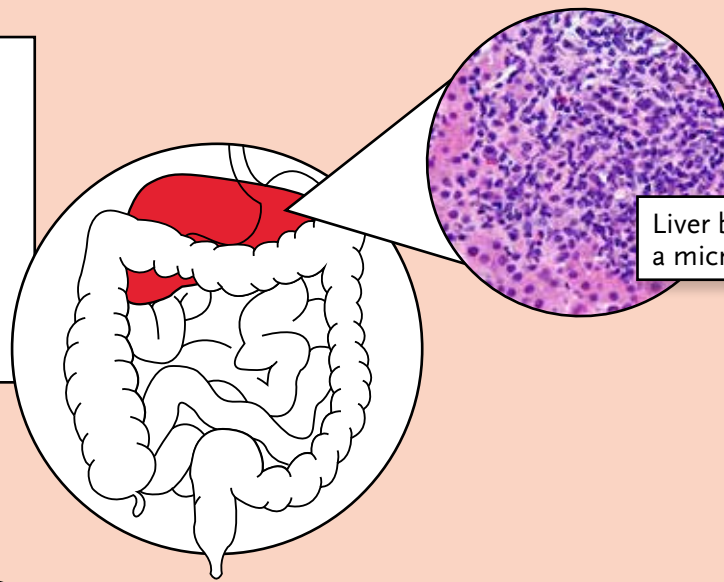


- Managing your weight is one of the best ways to help your acid reflux^{3,6}
- Try avoiding acid reflux-triggering foods like coffee, chocolate, and acidic and fatty foods^{2,6}
- Avoiding smoking can also help⁶
- Having symptoms at night can make it really difficult to sleep – avoiding late-night meals, raising the head of your bed, and lying on your left side can help^{6,7}

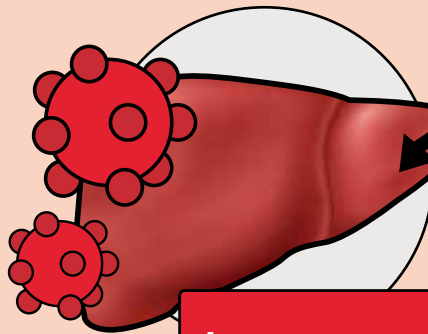
Autoimmune hepatitis (AIH for short)

A condition causing inflammation of the liver

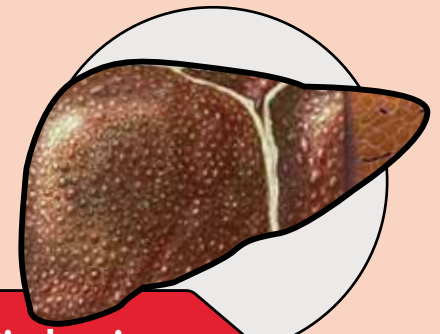
Scan here for more information about AIH



Liver biopsy under a microscope



The immune system mistakes the liver for something foreign



Immune attack

Inflammation

Fibrosis

Cirrhosis

We want to induce remission and maintain it long-term

Induction therapy



Steroids

Maintenance therapy

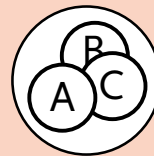


+/-



Immunosuppressants Steroids

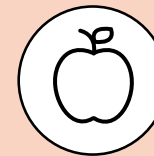
There are other things you can do to help yourself



Take supplements



Keep active



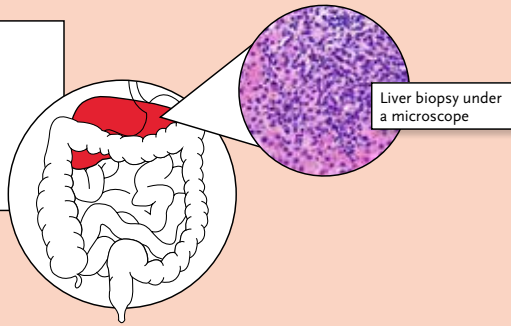
Eat well



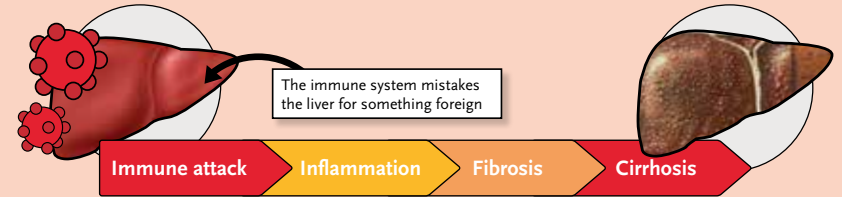
Talk things through

Autoimmune hepatitis (AIH for short)

A condition causing inflammation of the liver



- The liver is one of the largest organs in the body, located just under your rib cage on the right-hand side¹
- Like a chemical processing factory, the liver performs over 500 functions including making proteins, removing toxins from your blood and secreting bile^{1,2}



- Your body's immune system fights off infection from foreign pathogens – it normally doesn't harm healthy cells³
- In AIH, the immune system mistakes your liver as foreign and attacks it, leading to chronic inflammation and damage³
- If it goes untreated, the inflammation leads to a build-up of scar tissue (fibrosis) that eventually replaces healthy liver tissue (cirrhosis) and stops your liver from working normally^{3,4}

We want to induce remission and maintain it long-term

Induction therapy



Steroids

Maintenance therapy



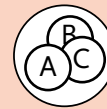
+/-



Immunosuppressants Steroids

- Our main goal is to stop the inflammation and get your AIH into remission by suppressing your immune system⁵
- Corticosteroids are the standard treatment for inducing remission (induction therapy)⁵
- As soon as you improve, you can start taking an immunosuppressant called azathioprine to keep you in remission (maintenance therapy)⁵
- If your liver is badly affected, you may be considered for a liver transplant⁵

There are other things you can do to help yourself



Take supplements



Keep active



Eat well



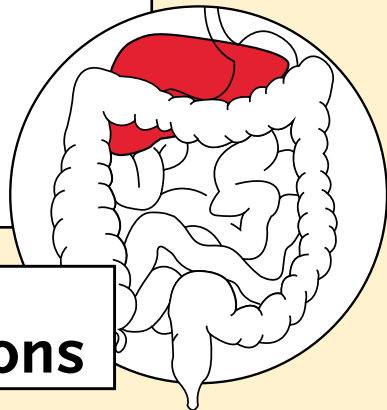
Talk things through

- Taking vitamin D and calcium supplements can help keep your bones strong while you're taking steroids⁶
- Weight-bearing exercise like walking is also great for your bone health⁶
- There are no specific diet recommendations for AIH besides eating a healthy, balanced diet with plenty of fruit and veg⁷
- Many people find it helpful to talk things through – you can find lots of support through groups like AIH Support

Primary biliary cholangitis (PBC for short)

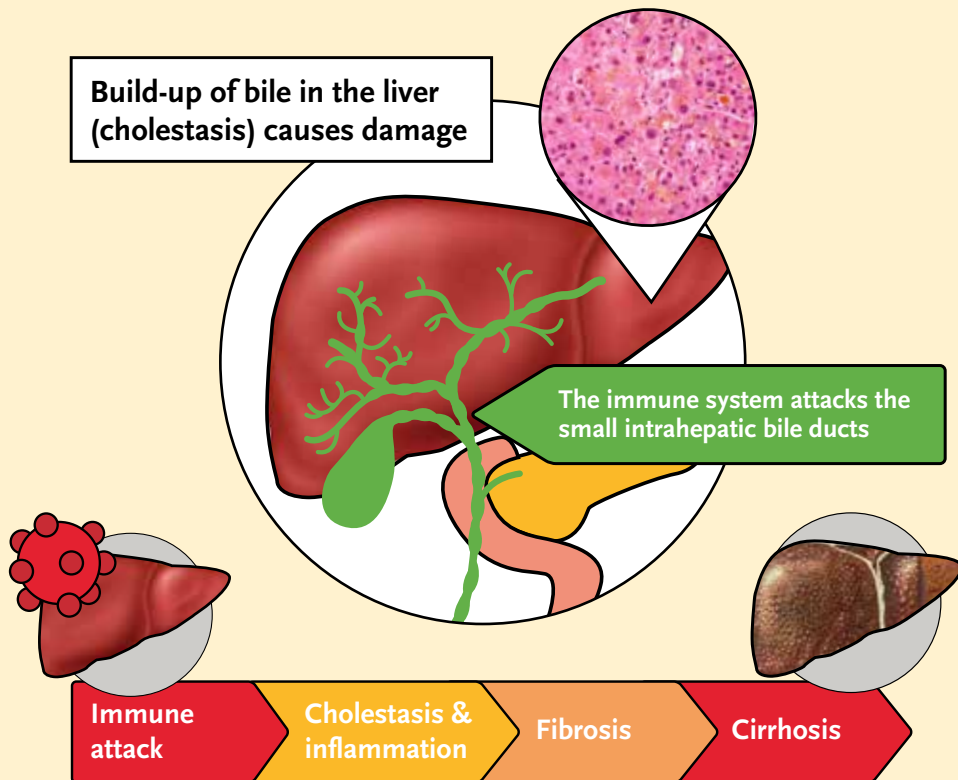
An autoimmune condition
that affects the liver

The liver has over
500 functions



Build-up of bile in the liver
(cholestasis) causes damage

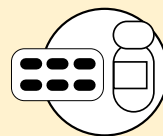
The immune system attacks the
small intrahepatic bile ducts



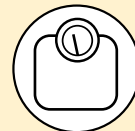
Your treatment has two main goals:

1

Treating your
condition



Take UDCA
everyday



Know how
much you weigh



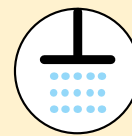
Know your
LFT results



Use the PBC
Foundation app

2

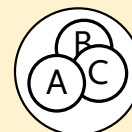
Managing your
symptoms



Follow advice
to relieve itching



Keep
active



Take
vitamins



Talk things
through

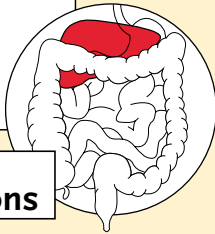
Download the
UDCA App and
check your dose



Primary biliary cholangitis

(PBC for short)

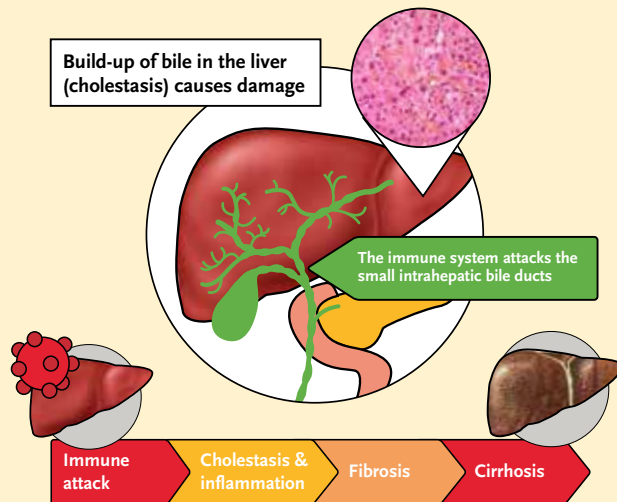
An autoimmune condition that affects the liver



The liver has over

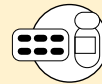
500 functions

- The liver is one of the largest organs in the body, located just under your rib cage on the right-hand side¹
- Like a chemical processing factory, the liver performs over 500 functions including making proteins, removing toxins from your blood and secreting bile^{1,2}



- Bile is a digestive juice that flows from your liver and gallbladder into your gut to help you digest fats³
- In PBC, the immune system attacks the small intrahepatic bile ducts inside the liver, causing inflammation called cholangitis⁴
- Damage to these bile ducts stops bile from flowing normally out of the liver (cholestasis)^{4,5}
- Over time, the build-up of bile in the liver can lead to fibrosis, then cirrhosis^{4,5}

Your treatment has two main goals:



Take UDCA everyday



Know how much you weigh



Know your LFT results



Use the PBC Foundation app



Follow advice to relieve itching



Keep active



Take vitamins



Talk things through

1

Treating your condition

- Ursodeoxycholic acid (or UDCA) is the first-line treatment to help slow liver damage⁵
- Most people with PBC take UDCA for life – we'll assess how well you respond to it after you've taken it for a full year⁵
- Your dose of UDCA is personalised to your weight (13-15 mg per kilo), so keeping track of your weight helps make sure you're on the dose that's right for you^{4,6}
- Regular blood tests called liver function tests (or LFTs) can tell us useful information about how you're doing⁷
- You can use the PBC Foundation app to keep track of your test results over time

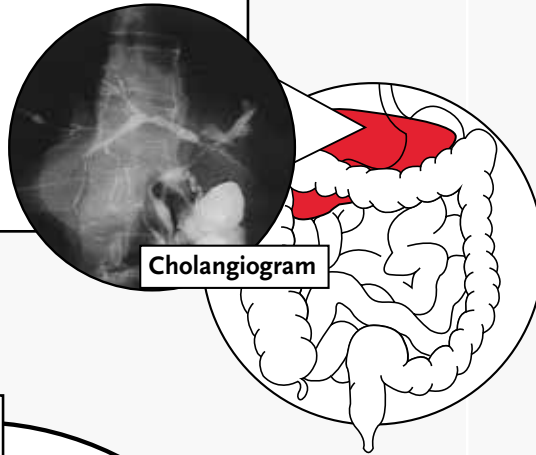
2

Managing your symptoms

- If you experience itchiness (pruritus), targeted medicines, cool showers and moisturisers can provide some relief^{5,8}
- Weight-bearing exercise like walking can help keep your bones strong and prevent osteoporosis⁴
- People with PBC may have trouble absorbing fats, so taking supplements can help make sure you don't miss out on fat-soluble vitamins^{4,5}
- If you find yourself struggling with fatigue, you're not alone – try connecting with other people with PBC through an organisation like the PBC Foundation⁵

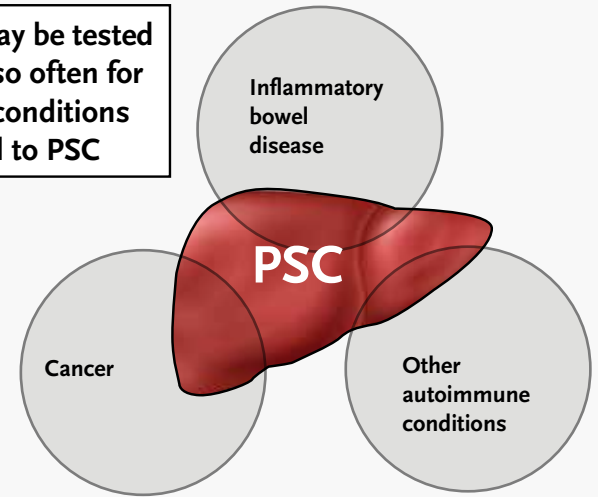
Primary sclerosing cholangitis (PSC for short)

A condition that causes scarring of the bile ducts

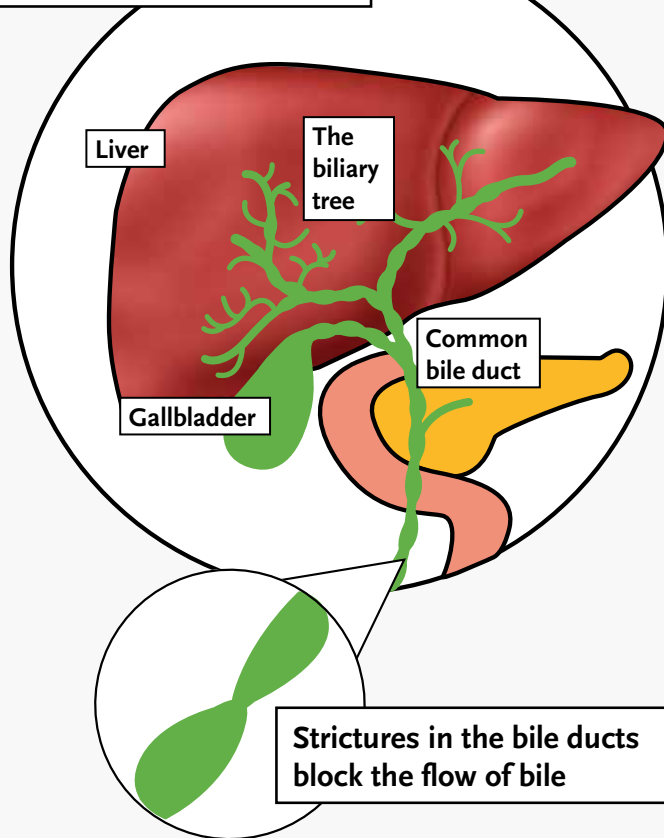


Cholangiogram

You may be tested every so often for other conditions related to PSC

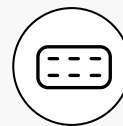


A build-up of bile can lead to liver damage over time

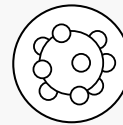


Strictures in the bile ducts block the flow of bile

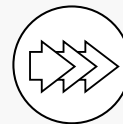
Treatment isn't one-size-fits-all



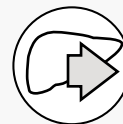
Medicine to treat symptoms



Medicine to treat infections



Therapy to improve bile flow



Liver transplant

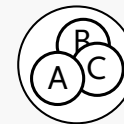
There are other things you can do to help yourself



Follow advice to relieve itching



Keep active



Take vitamins



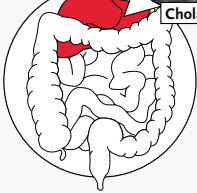
Talk things through

Primary sclerosing cholangitis (PSC for short)

A condition that causes scarring of the bile ducts

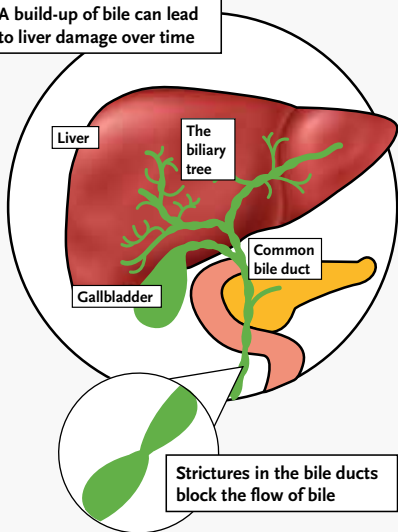


Cholangiogram



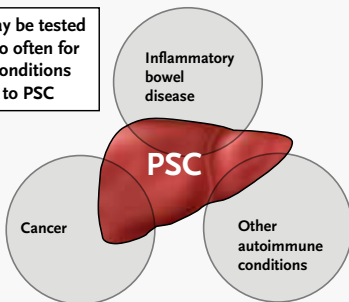
- The liver is one of the largest organs in the body, located just under your rib cage on the right-hand side¹
- Like a chemical processing factory, the liver performs over 500 functions including making proteins, removing toxins from your blood and secreting bile^{1,2}

A build-up of bile can lead to liver damage over time



- Bile is a digestive juice that flows from your liver and gallbladder into your gut to help you digest fats³
- In PSC, inflammation of the bile ducts both inside and outside the liver (cholangitis) leads to scarring (sclerosing) and narrow sections called strictures⁴⁻⁶
- These strictures block the flow of bile (cholestasis), leading to a build-up that can damage the liver and cause problems like fibrosis and cirrhosis⁶

You may be tested every so often for other conditions related to PSC



- There's a close link between PSC and inflammatory bowel disease (IBD), so you'll be given a colonoscopy to check for it^{7,8}
- PSC may be caused by your immune system mistakenly attacking your body, so you may be tested for other autoimmune conditions elsewhere in your body^{9,10}
- People with PSC have a higher risk of getting some cancers, so we'll need to keep up with regular screening as part of your care^{8,9}

Treatment isn't one-size-fits-all



Medicine to treat symptoms



Therapy to improve bile flow



Medicine to treat infections



Liver transplant

- Despite decades of research, no medical therapies have been proven to work well for PSC⁴
- We have medicine to relieve symptoms like itchy skin⁹
- If you get an infection in your bile ducts (bacterial cholangitis) you'll need a course of antibiotics straight away⁹
- In some circumstances, you may need therapy to widen your bile ducts and improve bile flow using a drainage tube (stent) or balloon^{9,11}
- If your liver is badly affected, you may be considered for a liver transplant, but this decision is never taken lightly⁹

There are other things you can do to help yourself



Follow advice to relieve itching



Take vitamins



Keep active



Talk things through

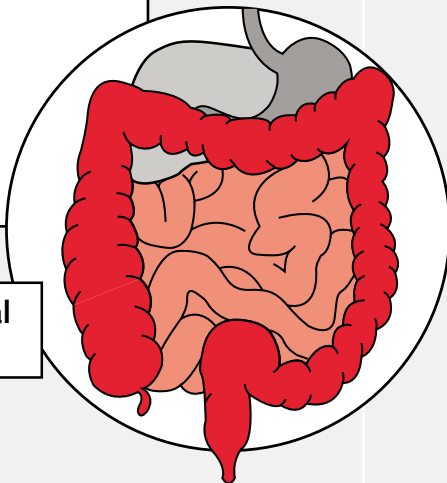
- If you experience itchiness (pruritus), targeted medicines, cool showers and moisturisers can provide some relief¹²
- Weight-bearing exercise like walking can help keep your bones strong and prevent osteoporosis⁸
- Having PSC makes it difficult for your body to absorb fat-soluble vitamins, so taking supplements can help you get all the nutrients you need⁵
- If you find yourself struggling with fatigue, you're not alone – try connecting with other people with PSC through the PSC support organisation⁵

Irritable bowel syndrome

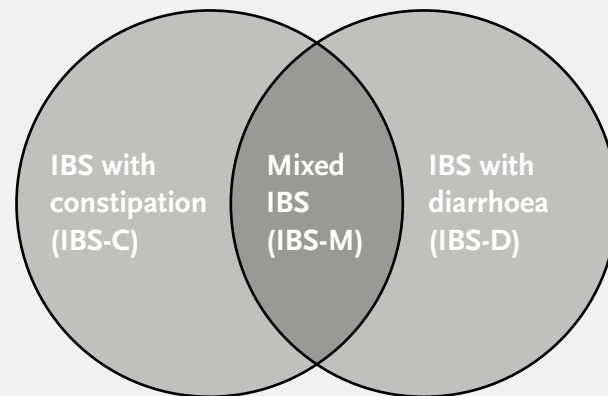
(IBS for short)

A condition causing abdominal pain and altered bowel habits

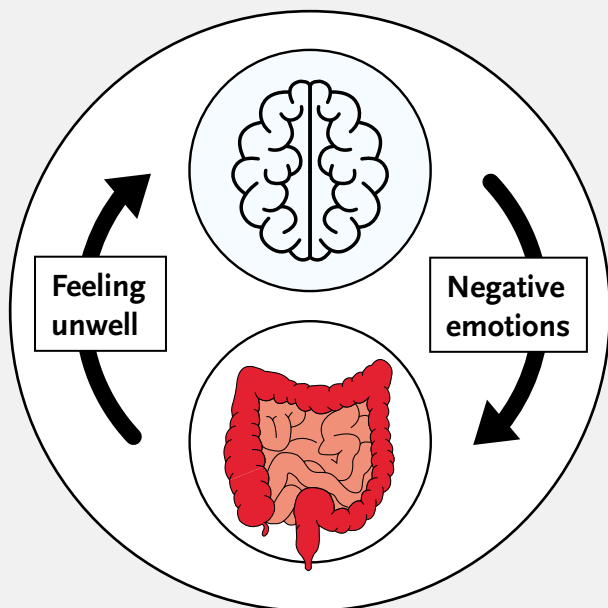
There are no clear structural changes to the gut



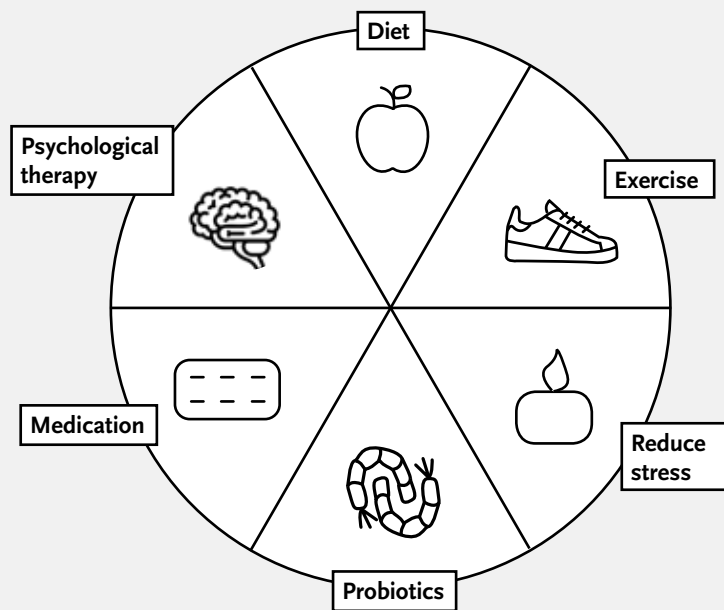
IBS can be divided into subtypes depending on your symptoms



The relationship between the brain and gut may play a part in IBS



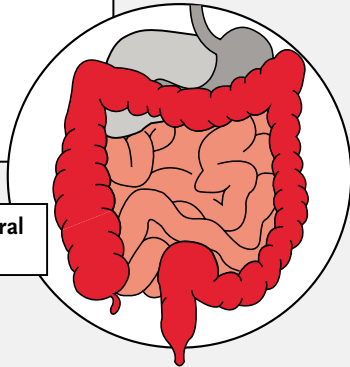
We can use multiple strategies to control your symptoms



Irritable bowel syndrome (IBS for short)

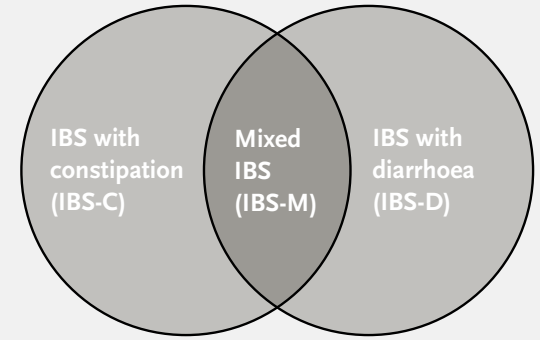
A condition causing abdominal pain and altered bowel habits

There are no clear structural changes to the gut



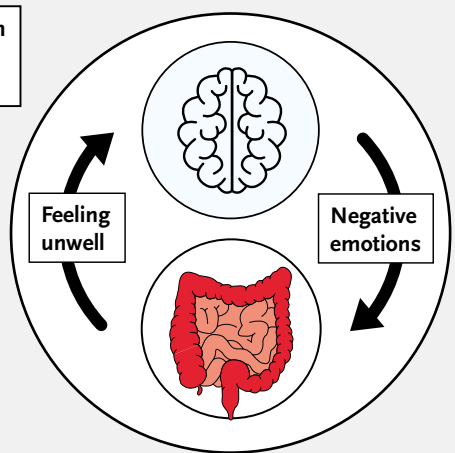
- IBS is a functional bowel disorder that is common around the world¹
- It's a chronic but benign condition, so there's no increased risk of developing other, more severe diseases like colon cancer¹

IBS can be divided into subtypes depending on your symptoms



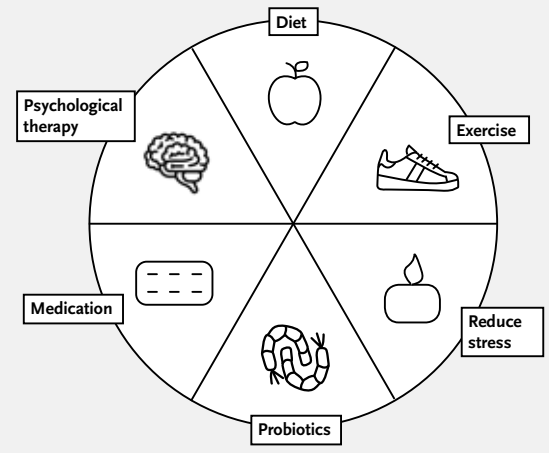
- The main symptoms of IBS vary from person to person and may change over time^{1,4}
- Some people mainly experience constipation (IBS-C), others mainly experience diarrhoea (IBS-D) and some alternate between diarrhoea and constipation (IBS-M)⁵
- We can choose different treatments to target your main symptoms

The relationship between the brain and gut may play a part in IBS



- The brain and the gut communicate with each other via a two-way relationship known as the gut-brain axis²
- The brain can send signals about stress and emotions to your gut, and in turn, your gut can send signals that affect your mood and emotions²
- Changes to this relationship may play an important part in IBS³

We can use multiple strategies to control your symptoms

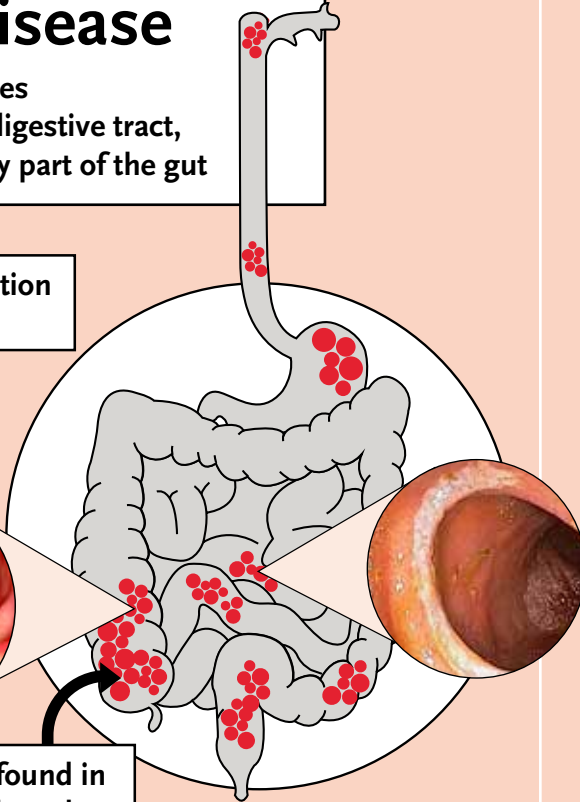


- Eating regular, balanced meals, identifying your trigger foods, and modifying your fibre intake can all help^{6,7}
- Exercise can help both relieve bloating and gas and speed up bowel movements^{4,5}
- Stress is a common trigger of IBS symptoms – things like meditation, yoga and counselling can help manage it^{5,7}
- There are a number of medicines that specifically target different symptoms^{5,7}
- Behavioural therapies can be really effective for improving symptoms in some people⁸

Crohn's disease

A condition that causes inflammation in the digestive tract, Crohn's can affect any part of the gut

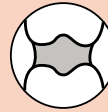
The areas of inflammation are often patchy



It's most often found in the ileum and the colon

Sometimes other parts of the body are affected too

Scan here to find out more about IBD



Joints



Skin



Eyes

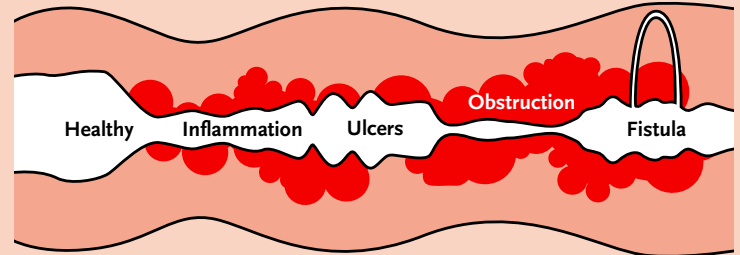


Kidneys

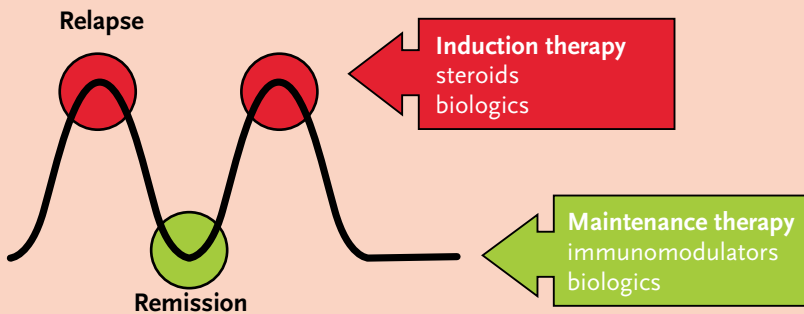


Bones

You may hear different terms used to describe what's happening in your gut



We want to induce remission and maintain it with the right treatment



There are other things you can do to help yourself



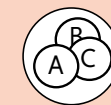
Eat small portions



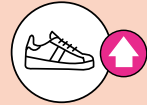
Don't smoke



Drink lots of water



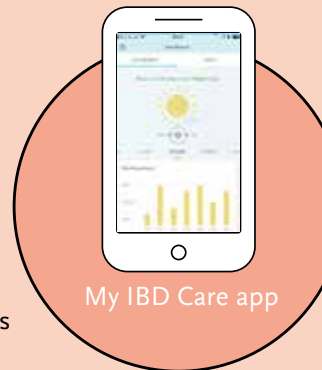
Take supplements



Keep active



Talk things through

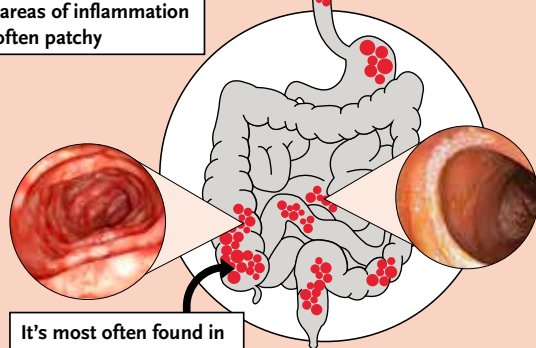


My IBD Care app

Crohn's disease

A condition that causes inflammation in the digestive tract, Crohn's can affect any part of the gut

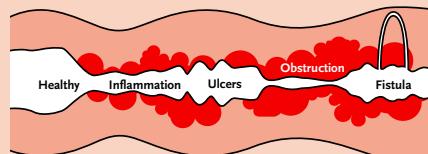
The areas of inflammation are often patchy



It's most often found in the ileum and the colon

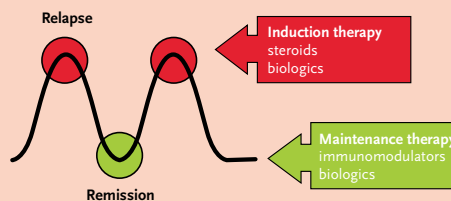
- Crohn's disease is a type of inflammatory bowel disease (IBD) that can affect any part of the digestive system from the mouth to the anus¹
- It's different for everyone, but the inflammation is most often found in the ileum (the end of the small intestine) and the colon¹
- The inflammation comes in patches with healthy sections in between²

You may hear different terms used to describe what's happening in your gut



- Swelling of the gut wall can cause an obstruction⁵
- Some people may develop an abnormal passageway between organs called a fistula⁵
- Everyone's experience is different, but if you do have any of these problems there are a few different ways we can treat them
- Inflammation in Crohn's can cause a few different problems in your gut:⁴
- Small sores called ulcers can develop in the lining of your gut, including your mouth⁵

We want to induce remission and maintain it with the right treatment



- Crohn's alternates between relapses (when your symptoms flare-up) and times of remission (when you feel well)⁴

- Initially, our aim is to get you well using induction therapy (like steroids)⁵
- Then, we want to keep you well using maintenance therapy with treatments tailored to you (like immunomodulators or biologics)⁵
- Surgery is something we can consider later on if treatment isn't working well⁶

Sometimes other parts of the body are affected too



- Crohn's can also cause problems outside of the gut, like inflammation in the joints, skin and eyes. Very rarely, the bones, kidneys and other body parts can be affected³
- If you ever feel like something's wrong, let your doctor know as soon as you can

There are other things you can do to help yourself

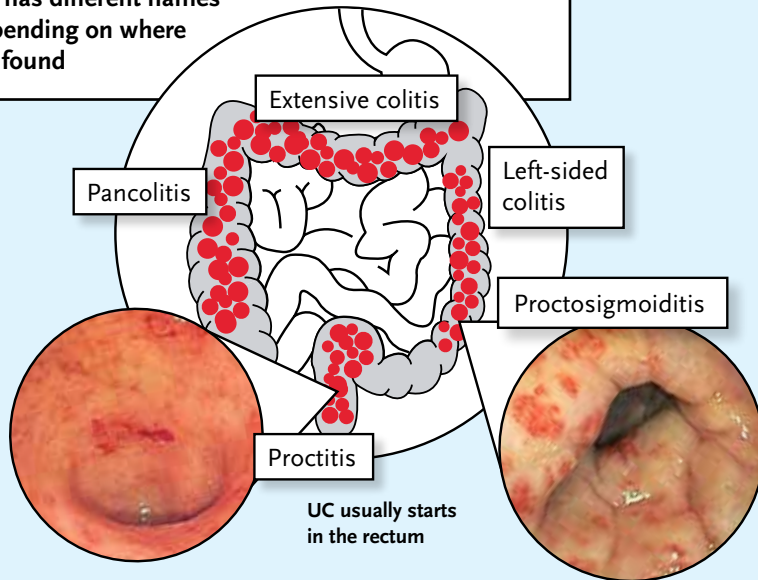


- Eat food and drink water frequently in small amounts throughout the day⁷
- Regular exercise can help reduce fatigue and inflammation in people with IBD⁸
- Quitting smoking can be just as effective as immunotherapy for treating Crohn's⁴
- Calcium and vitamin D supplements can help keep your bones strong⁴
- It's a good idea to talk things through – you can find lots of support through Crohn's & Colitis UK

Ulcerative colitis (UC for short)

A condition causing inflammation in the colon and rectum

UC has different names depending on where it's found



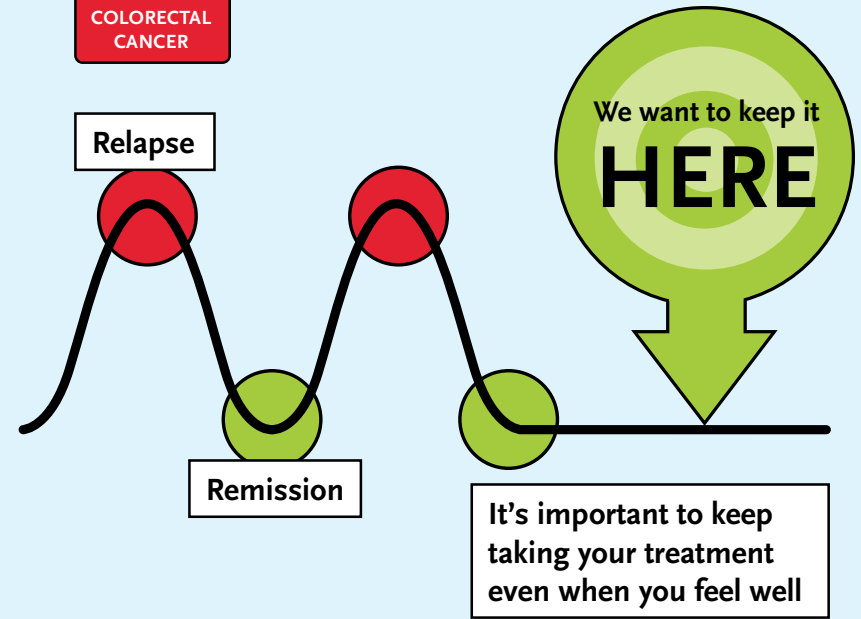
UC usually starts in the rectum

Scan here to find out more about IBD



- FLARE-UPS
- INVASIVE TREATMENTS
- HOSPITAL STAYS
- SURGERY
- COLORECTAL CANCER

The goal is to keep inflammation in check



How we treat it depends on where the inflammation is

Oral medicine

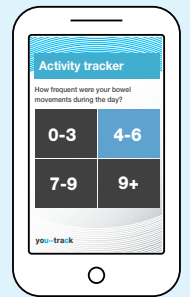
tablets or granules

Rectal medicine

suppositories or foam or liquid enemas

There are other things you can do to help yourself

- Eat small portions
- Take supplements
- Drink lots of water
- Keep active
- Talk things through



you...track app

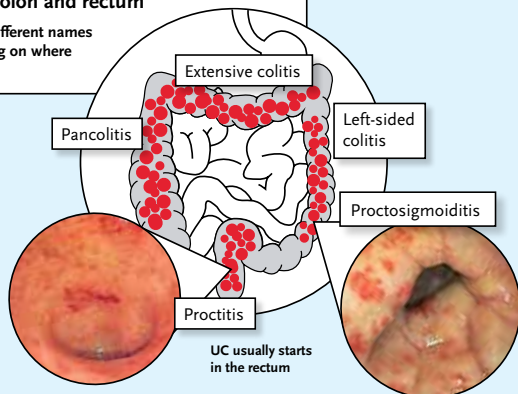
Download the you...track app to track your UC symptoms



Ulcerative colitis (UC for short)

A condition causing inflammation in the colon and rectum

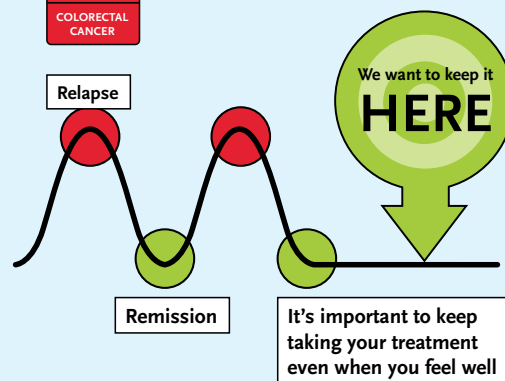
UC has different names depending on where it's found



- UC is a type of inflammatory bowel disease (IBD) that affects the colon and rectum¹
- It causes your colon to become inflamed and sometimes small sores called ulcers may form^{1,2}
- You may hear it called different names depending on where the inflammation is¹

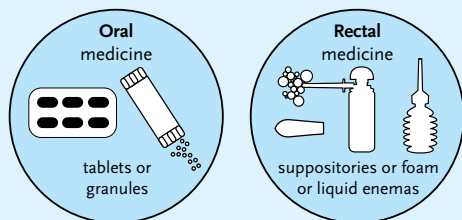
FLARE-UPS
INVASIVE TREATMENTS
HOSPITAL STAYS
SURGERY
COLORECTAL CANCER

The goal is to keep inflammation in check



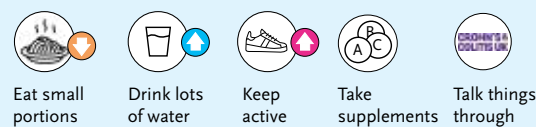
- Inflammation in UC goes up and down over time, with periods of remission when you feel well, and relapses when you get symptoms²
- We want to get your inflammation into remission and keep it there²
- Even when you feel well, you still need to take your medicine so that you don't have another flare-up or any other unpleasant complications³

How we treat it depends on where the inflammation is



- Treatment comes in a few different forms to match your needs
- You can take tablets or granules with a special coating that dissolves once they get to the colon²
- Rectal options like suppositories, foams and enemas are also good for getting medicine to where it's needed²

There are other things you can do to help yourself



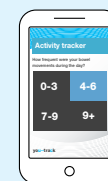
Eat small portions

Drink lots of water

Keep active

Take supplements

Talk things through



you...track app

You can track how active your UC is with the you...track app

- Eat and drink in small amounts frequently throughout the day⁴
- Regular exercise can help reduce fatigue and inflammation in people with IBD⁵
- Taking supplements (like iron or vitamin D) can help you make sure you're getting enough nutrients⁴
- It's a good idea to talk things through – you can find lots of support through Crohn's & Colitis UK

Microscopic colitis (MC for short)

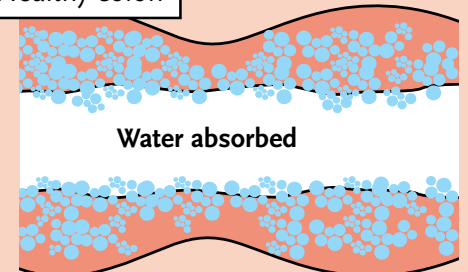
A condition causing inflammation in the surface layer (mucosa) of the colon

Scan here to find out more about MC



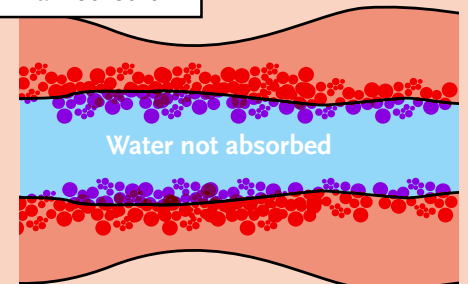
In MC, the colon can't absorb all of the water from leftover waste, leading to watery diarrhoea

Healthy colon



Water absorbed

Inflamed colon

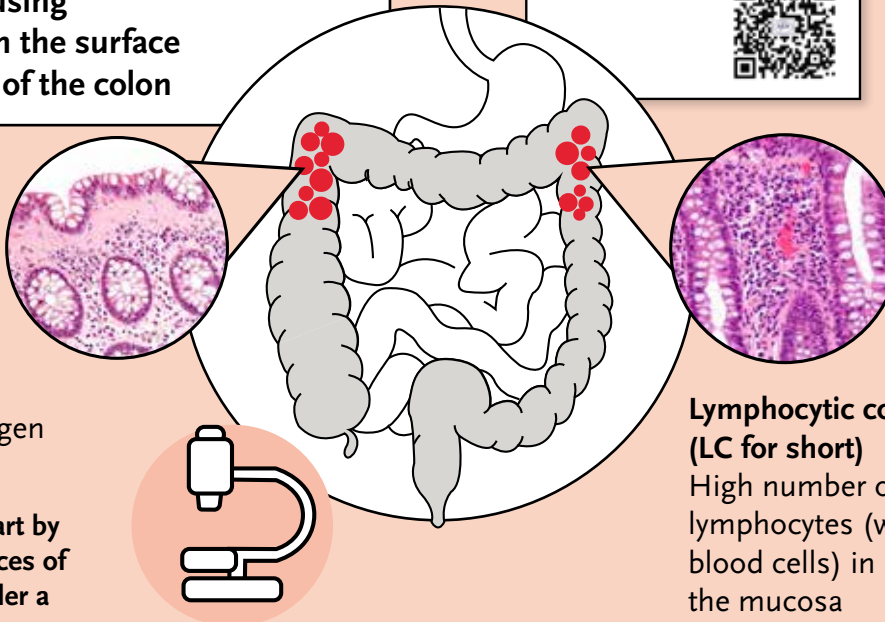


Water not absorbed

Collagenous colitis (CC for short)

Thick layer of collagen

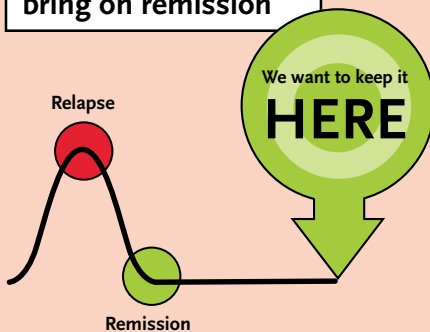
We can tell them apart by examining small pieces of tissue (biopsies) under a microscope



Lymphocytic colitis (LC for short)

High number of lymphocytes (white blood cells) in the mucosa

Our goal is to relieve your symptoms and bring on remission



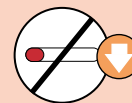
— Triggers

Medicines like:
NSAIDs, PPIs
Foods like:
dairy, gluten, sweeteners

+ Treatments

Anti-diarrhoeals
Bile salt binders
Topical steroids
(e.g. budesonide)

There are other things you can do to help yourself



Don't smoke



Drink lots of water



Keep active



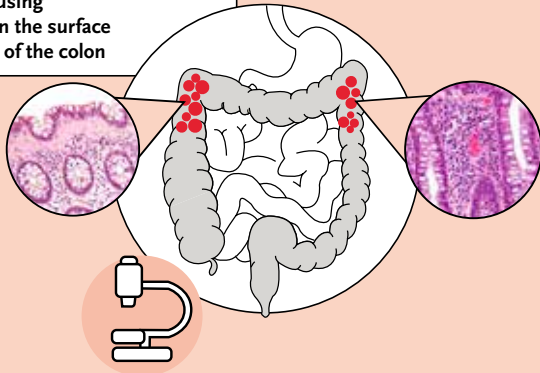
Talk things through



Flush app

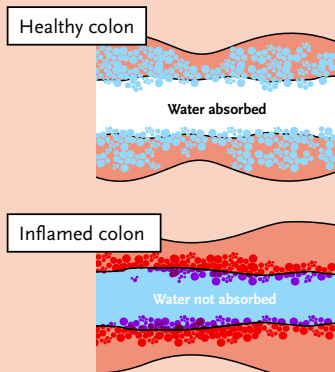
Microscopic colitis (MC for short)

A condition causing inflammation in the surface layer (mucosa) of the colon



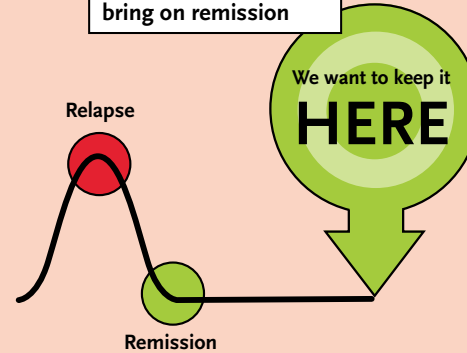
- MC is a type of inflammatory bowel disease with two main types: CC and LC¹
- In CC, there's a build-up of collagen in the lining of your gut (collagen is a threadlike protein that gives structure to your skin, bones and other body parts)^{2,3}
- In LC, there's a high number of lymphocytes in the lining of your gut (lymphocytes are a type of white blood cell that protects your body against disease)²
- We can tell them apart by looking at biopsies (small pieces of tissue taken during an endoscopy) under a microscope in the lab¹

In MC, the colon can't absorb all of the water from leftover waste, leading to watery diarrhoea



- Watery diarrhoea is the main symptom of MC, but we don't fully understand what causes it⁴
- The colon's main role is to absorb leftover water from the food you eat⁵
- When the colon is inflamed, it becomes less efficient at absorbing liquid from the waste, leading to watery stools⁶

Our goal is to relieve your symptoms and bring on remission



— Triggers

Medicines like:

NSAIDs, PPIs

Foods like:
dairy, gluten, sweeteners

+ Treatments

Anti-diarrhoeals

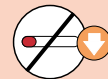
Bile salt binders

Topical steroids

(e.g. budesonide)

- Inflammation can go up and down, with periods of remission (when you feel well) and relapses (when you get symptoms)¹
- The first step to getting you into remission is taking away anything that might be triggering your MC⁴
 - NSAIDs (like aspirin and ibuprofen), PPIs (like omeprazole) and foods like dairy and sweeteners are common triggers⁴
- Most people will also need treatment that's tailored to their condition, like anti-diarrhoeals to control symptoms or steroids (like budesonide) to suppress the inflammation in your gut⁷

There are other things you can do to help yourself



Don't smoke



Drink lots of water



Keep active



Talk things through

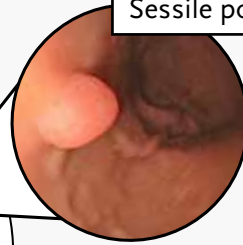
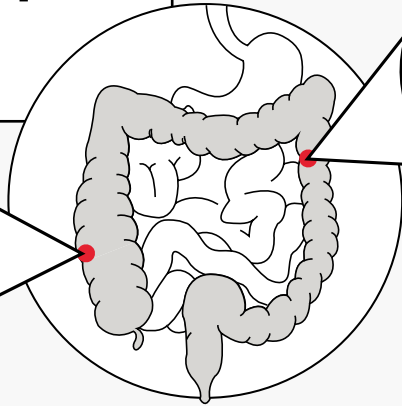
- Smoking can make it harder to get MC into remission, so it's best to avoid it⁷
- Regular exercise can help reduce fatigue and inflammation in people with IBD⁸
- Drink plenty of liquids to avoid dehydration when you have diarrhoea^{3,9}
- It's a good idea to talk things through – you can find lots of support through Crohn's & Colitis UK

Colonic polyps

Small growths of tissue on the wall of the colon

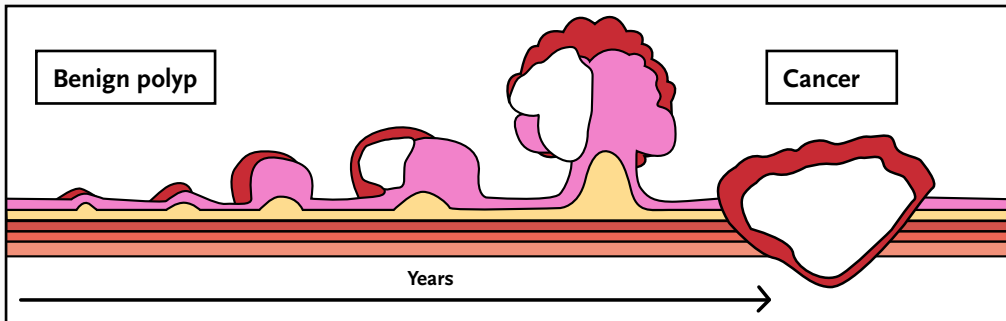


Pedunculated polyp



Sessile polyp

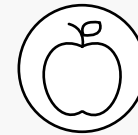
Getting polyps removed is a good way to prevent cancer



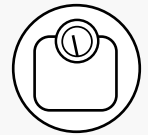
There are other things you can do to prevent polyps



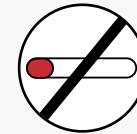
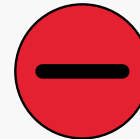
Get screened



Eat more fibre



Manage your weight



Don't smoke

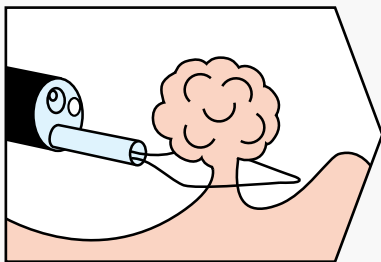


Limit red and processed meat

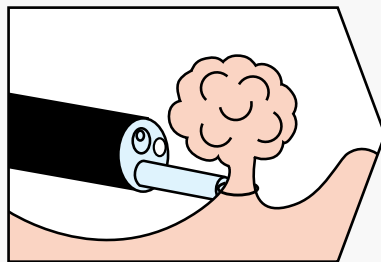


Don't drink too much

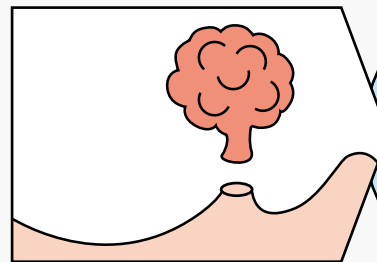
Most polyps can be removed during a colonoscopy



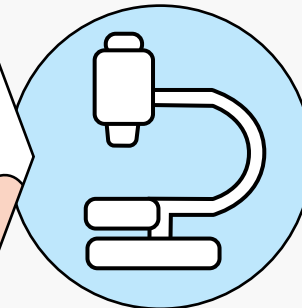
A colonoscope is used to find the polyp



A wire snare cuts through the polyp

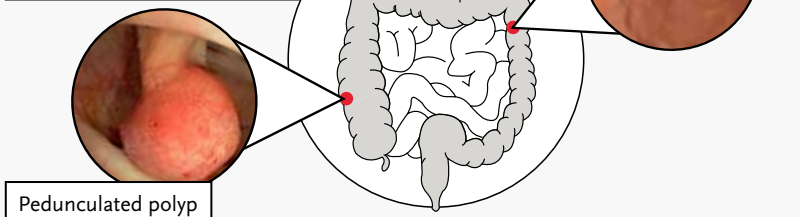


The polyp is sent to the lab



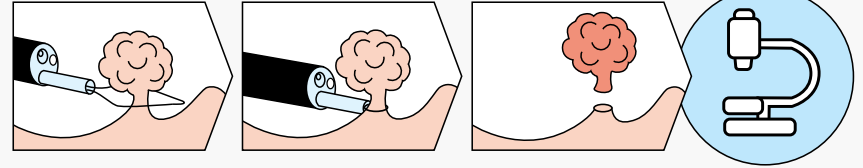
Colonic polyps

Small growths of tissue on the wall of the colon



- The wall of your colon is made of cells that are constantly being renewed – sometimes extra cells grow when they're not needed and form bits of tissue called polyps^{1,2}
- Some polyps grow on stalks like mushrooms (pedunculated polyps) while others look like bumps (sessile polyps)^{3,4}
- Most of the time polyps are harmless, but if they're left untreated there's a chance some could turn cancerous over time¹

Most polyps can be removed during a colonoscopy



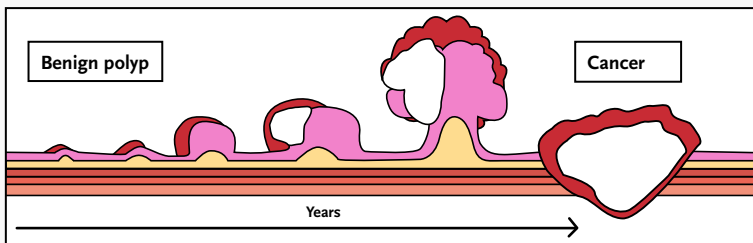
A colonoscope is used to find the polyp

A wire snare cuts through the polyp

The polyp is sent to the lab

- The most common treatment is physically removing the polyp (polypectomy) during a colonoscopy⁶
- There are a few different techniques, but most polyps can be removed using an electric-charged wire loop that cuts through (snares) or burns off (cauterises) the polyp¹
- Rarely, when a polyp is too tricky to remove in this way, other techniques may be needed⁶
- After it's removed, the polyp is sent to a lab for testing to see if it's cancerous or benign³

Getting polyps removed is a good way to prevent cancer



- Colorectal cancer is one of the most common forms of cancer, which is why it's crucial to remove any polyps as soon as we can⁵
- Once all polyps have been removed, your risk of colon cancer is much lower³

There are other things you can do to prevent polyps



- After a polypectomy, you should come in every few years for a colonoscopy – more often if colorectal cancer has affected anyone in your family¹
- Eat a balanced diet with lots of fruit, vegetables and whole grains⁷
- Maintaining a healthy weight can help avoid polyps forming in the future⁴
- Limit fatty foods, red and processed meat and alcohol, and avoid smoking to lower your chances of getting polyps in the future^{1,7}

Intended for patients who have been prescribed budesonide

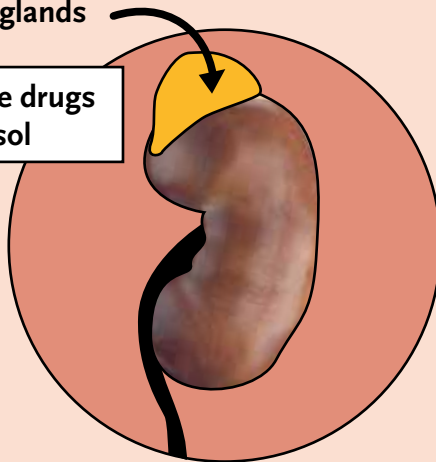
Budesonide

A topical corticosteroid that reduces inflammation directly in the gut and liver

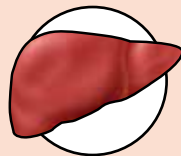
Cortisol is a hormone made naturally in your adrenal glands

Glucocorticosteroids are drugs made to resemble cortisol

They're different from the anabolic steroids bodybuilders take



Budesonide fights inflammation locally, right where it's needed in your gut or liver



When you take budesonide...

It's absorbed from your digestive system

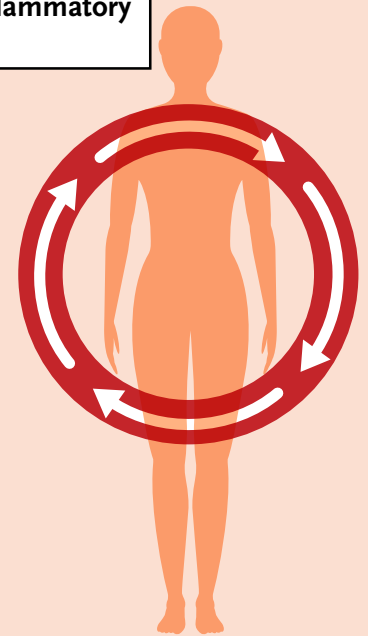
Then transported to the liver where it's mostly broken down

Only a small amount travels around your bloodstream, so there's a low risk of side effects

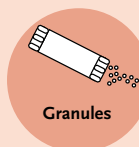
Glucocorticosteroids are the most effective anti-inflammatory treatment we have

They can interact with most of the cells in your body

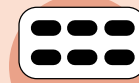
This means that they can cause side effects if they get to places where they're not needed



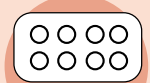
Budesonide comes in different formulations to suit your needs



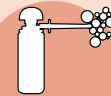
Granules



Capsules



Orodispersible tablets/tablets



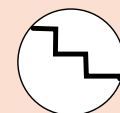
Foam enema



Liquid enema



Never suddenly stop taking your treatment without talking to your doctor first



We'll taper your dose slowly to help your body adjust

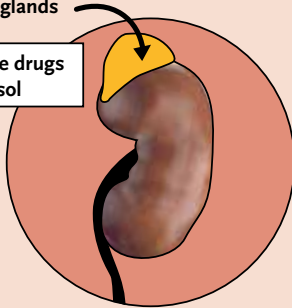
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A topical corticosteroid that reduces inflammation directly in the gut and liver

Cortisol is a hormone made naturally in your adrenal glands

Glucocorticosteroids are drugs made to resemble cortisol

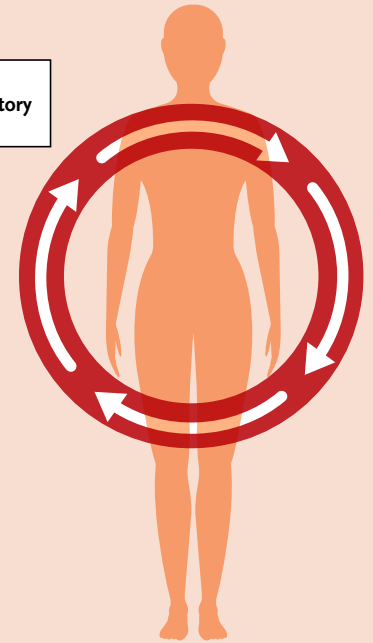
They're different from the anabolic steroids bodybuilders take



- Synthetic glucocorticosteroids are a man-made version of hormones that are naturally made by your body in times of stress¹
- Don't worry – even though they're called steroids for short, they're not the same as anabolic steroids that bodybuilders take to build muscle
- They work by reducing inflammation and suppressing your immune system¹

Glucocorticosteroids are the most effective anti-inflammatory treatment we have

- Glucocorticosteroids are actually the most effective anti-inflammatory treatment we have, so they're used to treat lots of different inflammatory conditions^{2,3}
- They can interact with most of the cells in your body³
- So while they work really well, they can also cause side effects if they get to places where they're not needed³



Budesonide fights inflammation locally, right where it's needed in your gut or liver



When you take budesonide...

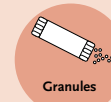
It's absorbed from your digestive system

Then transported to the liver where it's mostly broken down

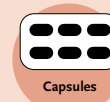
Only a small amount travels around your bloodstream, so there's a low risk of side effects

- Budesonide only starts to work once it gets to the target location in the gut or liver⁴
- This way, budesonide can reduce inflammation locally, right where it's needed most⁴
- After it's done its job fighting inflammation in the gut and liver, budesonide is mostly broken down by your liver⁴
- This way, less steroid gets to parts of the body where it's not needed and causes unwanted side effects⁵

Budesonide comes in different formulations to suit your needs



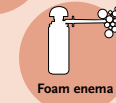
Granules



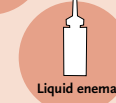
Capsules



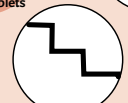
Orodispersible tablets/tablets



Foam enema



Liquid enema



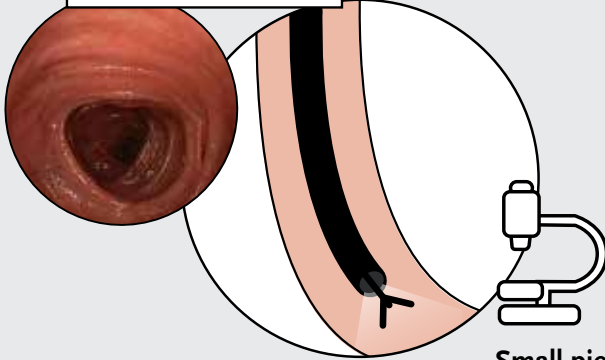
- Budesonide comes in granules, capsules, tablets and rectal foam and liquid enemas⁴
- Each formulation is designed to be effectively absorbed right where it is needed⁴
- Even if you start feeling better, it's really important you don't suddenly stop taking your budesonide
- We'll make a plan to taper it off slowly⁶

Endoscopy

A procedure used to look inside the digestive tract

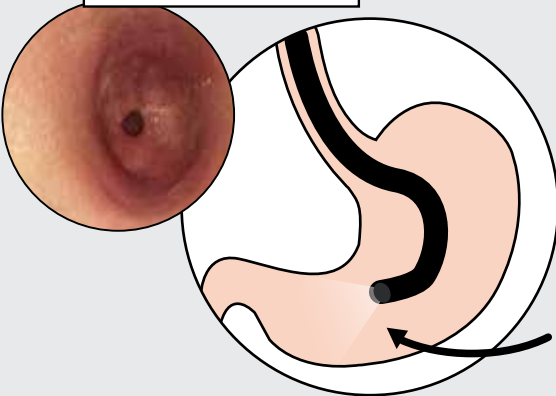
Upper endoscopy is used to examine the oesophagus, stomach and the first part of the small intestine

Oesophagoscopy



Small pieces of tissue (biopsies) can be taken for lab testing

Gastroscopy



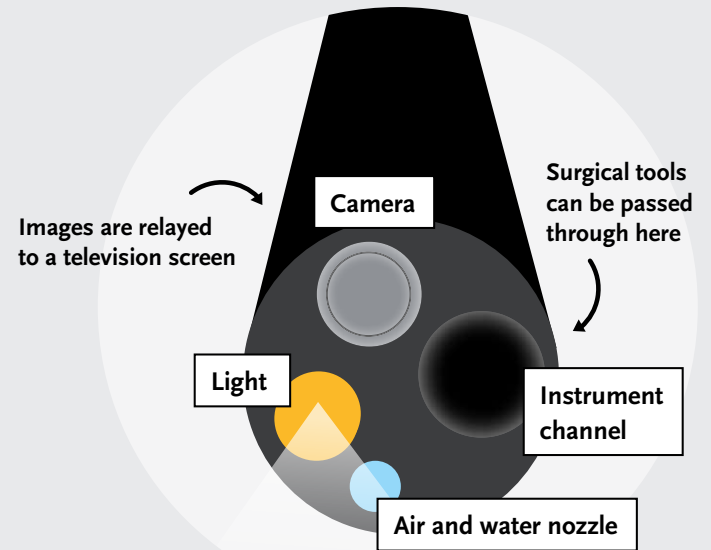
The end of the endoscope bends to look around the stomach

Scan here to learn more about endoscopies such as...

Having a colonoscopy



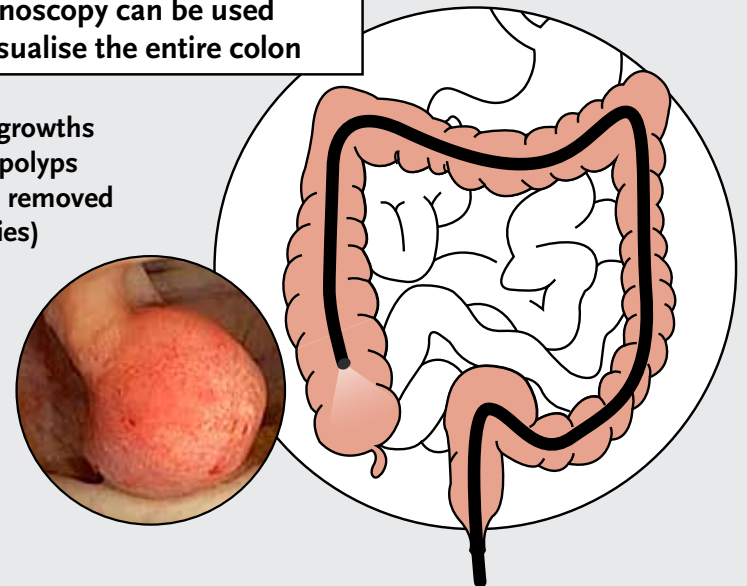
Having a gastrosopy



Endoscopes are well-equipped to take high-definition images

Colonoscopy can be used to visualise the entire colon

Small growths called polyps can be removed (biopsies)

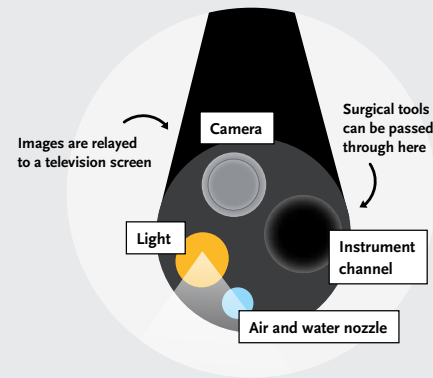


Endoscopy

A procedure used to look inside the digestive tract

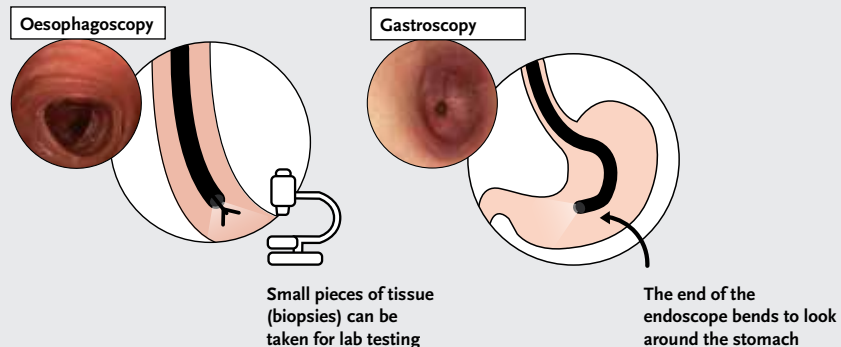
Upper endoscopy is used to examine the oesophagus, stomach and the first part of the small intestine

- Endoscopies are used to take a close look inside your digestive tract to find out what's causing your symptoms^{1,2}
- They can be used to rule out or confirm a diagnosis and even perform minor treatments¹



Endoscopes are well-equipped to take high-definition images

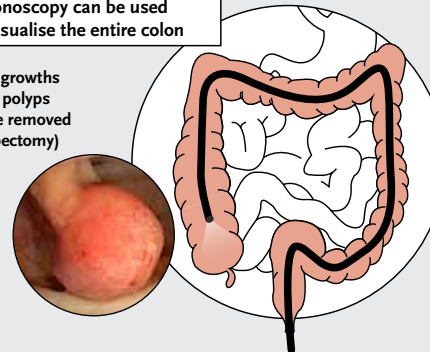
- Put simply, endoscopes are just flexible tubes with a light and camera at one end⁵
- Tiny instruments can be passed through the endoscope to perform different procedures, like take small samples of tissue (biopsies) or clear blockages⁴
- Proper preparation is the key to a safe, successful endoscopy – make sure you stick to the plan your endoscopist has given you¹



- Oesophagoscopy and gastroscopy are standard procedures used to investigate problems in the upper part of your digestive tract (sometimes the procedure is called an oesophago-gastro-duodenoscopy or OGD)³
- A long, flexible telescope called an endoscope is passed down slowly through your nose or mouth⁴
- Using live video from the camera, your doctor can examine your oesophagus and stomach lining to look for redness or inflammation⁵
- Sometimes, small samples of tissue (biopsies) are taken from a few different places to be tested in the lab³
- This shouldn't be painful, but you might feel uncomfortable at times⁶

Colonoscopy can be used to visualise the entire colon

Small growths called polyps can be removed (polypectomy)



- A colonoscopy is used to look inside your large intestine (or colon) to figure out what's causing your symptoms⁷
- The colonoscope is inserted into your bottom while you're locally anaesthetised and transmits live video images to a television screen⁷
- Sometimes, small samples of tissue (biopsies) are taken from a few different places to be tested in the lab. This isn't painful⁷
- Many people have small, growths called polyps in their colon that are usually harmless, but they can be removed during the colonoscopy for further testing⁷

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Abbreviations

- AIH:** autoimmune hepatitis
CC: collagenous colitis
EoE: eosinophilic oesophagitis
GI: gastrointestinal
GORD: gastro-oesophageal reflux disease
H2RA: histamine-2 receptor antagonist
IBD: inflammatory bowel disease
IBS: irritable bowel syndrome
LC: lymphocytic colitis
LFT: liver function test
MC: microscopic colitis
NSAID: non-steroidal anti-inflammatory drug
OGD: oesophago-gastro-duodenoscopy
PBC: primary biliary cholangitis
PPI: proton pump inhibitor
PSC: primary sclerosing cholangitis
UC: ulcerative colitis
UDCA: ursodeoxycholic acid

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