A central graphic featuring a large orange circle containing a faint outline of a hand. The text "Microscopic colitis explained (MC for short)" is centered within this circle in white. The background of the entire page is a light orange color with a pattern of white dotted lines forming irregular, organic shapes.

Microscopic
colitis
explained
(MC for short)



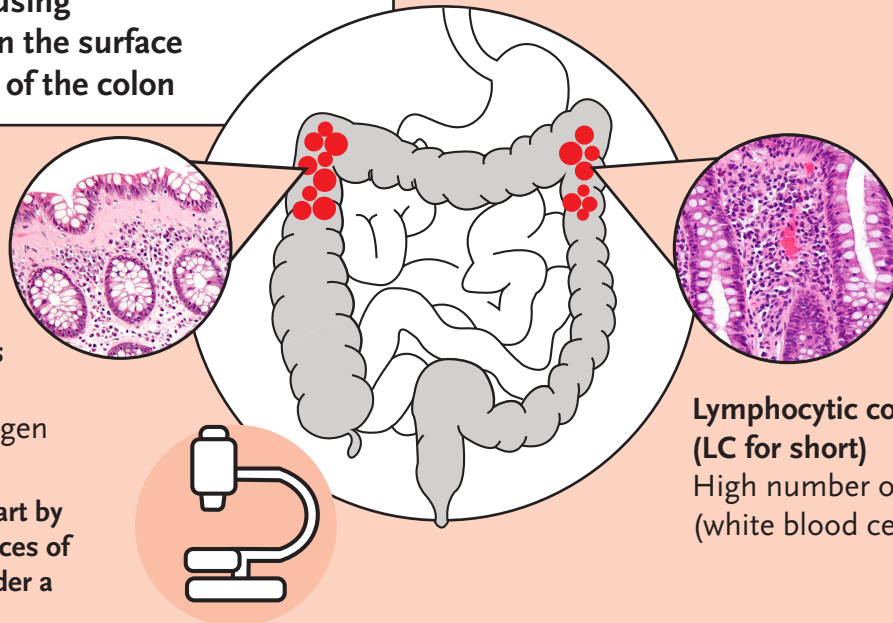
Informed with
care



Microscopic colitis (MC for short)

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

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



Collagenous colitis (CC for short)

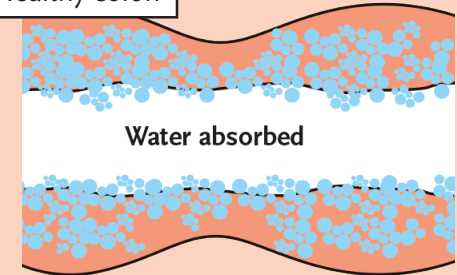
Thick layer of collagen

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

Lymphocytic colitis (LC for short)

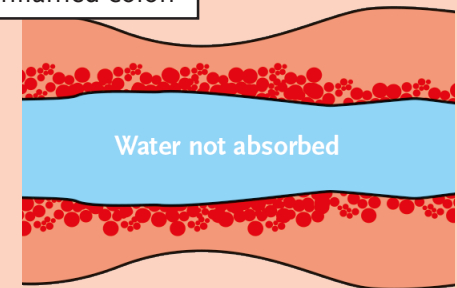
High number of lymphocytes (white blood cells) in the mucosa

Healthy colon



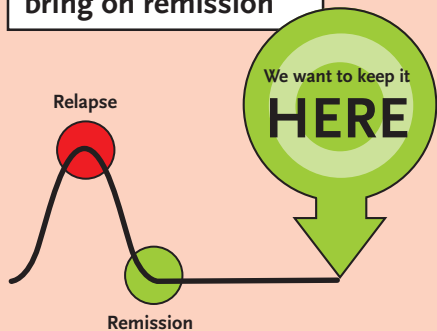
Water absorbed

Inflamed colon



Water not absorbed

Our goal is to relieve your symptoms and bring on remission



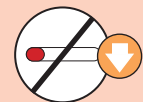
— Triggers

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



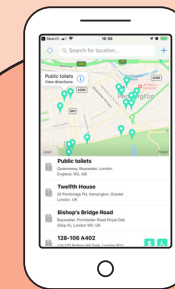
Drink lots of water



Keep active



Talk things through

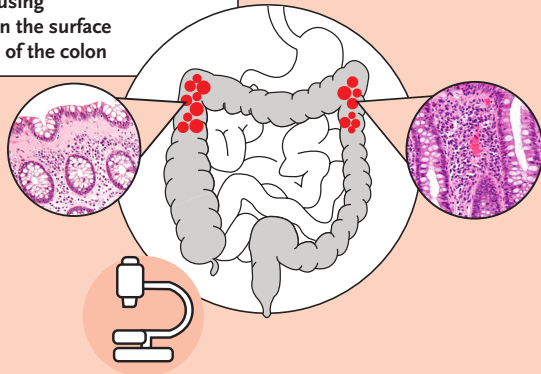


Flush app

Microscopic colitis

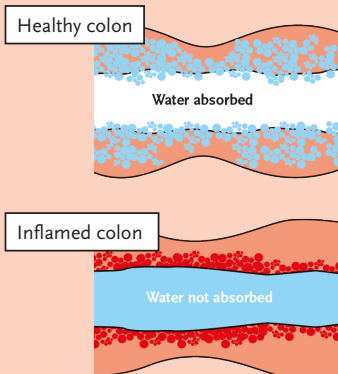
(MC for short)

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



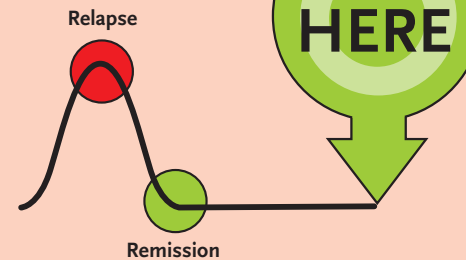
- MC is a type of inflammatory bowel disease with two main types: CC and LC¹
- In CC, there's a build-up of collagen in the lining of your gut (collagen is a threadlike protein that gives structure to your skin, bones and other body parts)^{2,3}
- In LC, there's a high number of lymphocytes in the lining 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

References

Microscopic colitis (MC)

1. Miehke S *et al.* Lancet Gastroenterol Hepatol 2019; 4: 305-14.
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3. National Institute of Diabetes and Digestive and Kidney Diseases. Microscopic Colitis. Available at: <https://www.niddk.nih.gov/>
4. Pardi DS. Am J Gastroenterol 2017; 112(1): 78-85.
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6. Johns Hopkins Medicines. Collagenous & Lymphocytic Colitis: Introduction. Johns Hopkins University.
7. Boland K, Nguyen GC. Gastroenterol Hepatol 2017; 13(11): 671-7.
8. Bilski J *et al.* Pharmacol Rep 2016; 68(4): 827-36.
9. Brown AC *et al.* Expert Rev Gastroenterol Hepatol 2011; 5(3): 411-25.

Abbreviations

CC: collagenous colitis

IBD: inflammatory bowel disease

LC: lymphocytic colitis

MC: microscopic colitis

NSAID: non-steroidal anti-inflammatory drug

PPI: proton pump inhibitor

Useful links:

www.dralk.co.uk

www.crohnsandcolitis.org.uk

Adverse events should be reported. Reporting forms and information in Ireland can be found at www.hpra.ie and in the UK at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Dr Falk Pharma UK Ltd. at PV@drfalkpharma.co.uk

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