Colitis

Colitis is inflammation of the colon. Colitis can be a short-term or long-standing illness. Crohn's disease and ulcerative colitis are 2 types of colitis which are long-standing (*chronic*). They usually require lifelong treatment.

CAUSES

There are many different causes of colitis, including:

- Viruses.
- Germs (*bacteria*).
- Medicine reactions.

SYMPTOMS

- Diarrhea.
- Intestinal bleeding.
- Pain.
- Fever.
- Throwing up (*vomiting*).
- Tiredness (*fatigue*).
- Weight loss.
- Bowel blockage.

DIAGNOSIS

The diagnosis of colitis is based on examination and stool or blood tests. X-rays and endoscopy may also be needed.

TREATMENT

Treatment may include:

- Medicine for pain and diarrhea.
- Medicines (*antibiotics*) that kill germs.
- Cortisone medicines.
- Surgery.

HOME CARE INSTRUCTIONS

- Get plenty of rest.
- Drink enough water and fluids to keep your urine clear or pale yellow.
- Eat a well-balanced diet.
- Avoid foods that can make colitis worse, including:
  - Chocolate.
  - Nuts.
  - Spicy foods.
  - Dairy products.
  - Raw vegetables and fruit.
  - Caffeine beverages.
- Call your caregiver for follow-up as recommended.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop chills.
- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.
- You have extreme weakness, fainting, or dehydration.
- You have repeated vomiting.
- You develop severe belly (*abdominal*) pain or are passing bloody or tarry stools.

MAKE SURE YOU:

- Understand these instructions.

- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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