



GastroDoxs
— defenders of the digestive system —

Colitis

A Practical Guide For Patients

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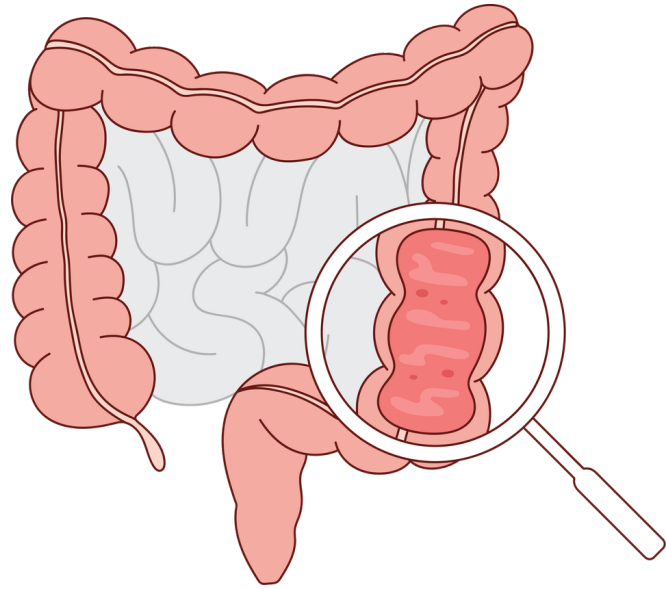
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Introduction: Colitis

Colitis refers to inflammation of the colon (large intestine) that can cause discomfort, digestive disturbances, and long-term health issues if untreated. It can result from infections, autoimmune diseases, reduced blood supply, or chronic conditions like ulcerative colitis and Crohn's disease. Treatment depends on the underlying cause and may involve medications, dietary changes, or surgery in severe cases.



Key Takeaways

- Inflammation of the colon with various possible causes.
- Can be acute (short-term) or chronic.
- Common symptoms include abdominal pain, diarrhea, and bloating.
- Causes range from infection to autoimmune disorders.
- Treatment varies depending on cause and severity.



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What Causes Colitis?

Known Causes

Colitis can be caused by bacterial, viral, or parasitic infections; autoimmune conditions like ulcerative colitis; ischemic injury due to reduced blood flow; allergic reactions; or exposure to certain medications. The cause determines the treatment plan.



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Common Signs & Symptoms

Symptoms include abdominal pain, diarrhea (sometimes with blood), bloating, fatigue, and urgency to pass stool, often accompanied by fever in infectious or severe inflammatory cases.

Core Symptoms Include:

- Abdominal pain and cramping
- Frequent loose stools
- Blood or mucus in stool
- Urgency to defecate
- Bloating and gas



Severe cases can also cause:



- High fever
- Severe dehydration
- Rapid weight loss
- Anemia
- Colon perforation



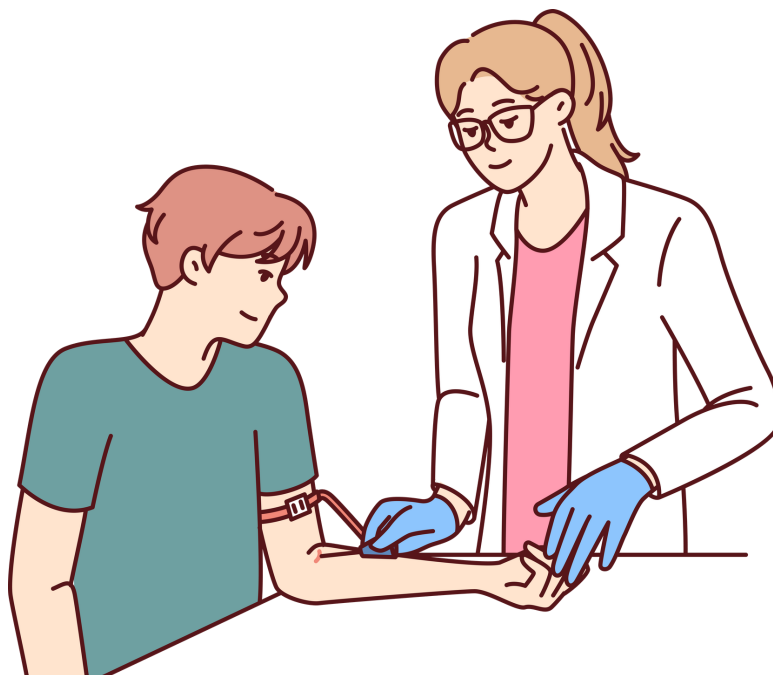
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Diagnosis & Medical Testing

Diagnosis includes a physical exam, stool studies, blood tests, colonoscopy, and imaging tests like CT or MRI to identify inflammation and its cause.

Diagnostic Tools

- **Stool tests** – Detect infection, blood, or inflammation
- **Blood tests** – Check for anemia or infection markers
- **Colonoscopy** – Direct visualization of inflammation
- **CT or MRI scan** – Assess severity and complications
- **Biopsy** – Confirms type of colitis



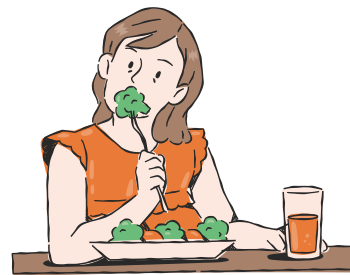
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Diet

A low-residue, well-balanced diet can help reduce irritation during flare-ups, while hydration and avoiding high-fiber, fatty, or spicy foods can ease symptoms.

Key Insights

- **Eat low-fiber foods during flare-ups**
- **Avoid fatty, spicy, or fried foods**
- **Stay hydrated**
- **Limit dairy if sensitive**
- **Eat smaller, frequent meals**
- **Include lean proteins and cooked vegetables**



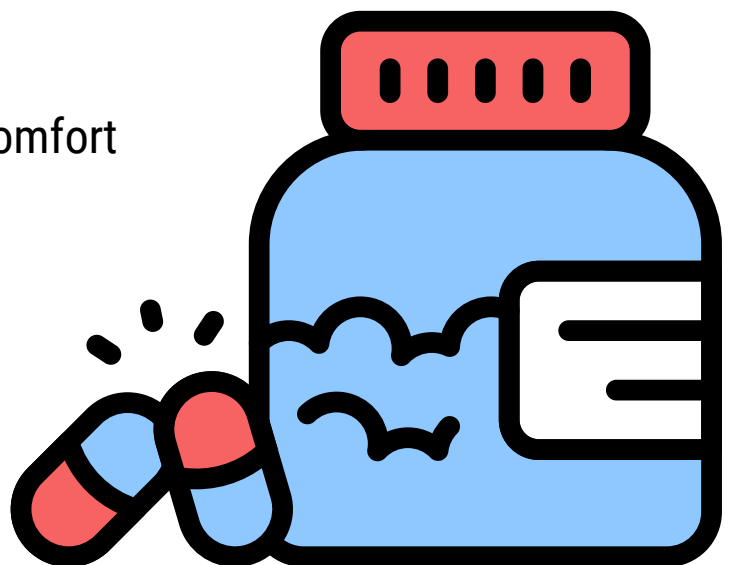
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Medications & Treatment Options

Treatment may include anti-inflammatory drugs, antibiotics for infection, and immune-suppressing medications for autoimmune causes, alongside pain relief and hydration.

Treatment Options

- **Anti-inflammatory drugs** – Reduce swelling in colon
- **Antibiotics** – For bacterial infections
- **Corticosteroids** – Control severe inflammation
- **Immunosuppressants** – For autoimmune colitis
- **Pain relievers** – Manage discomfort



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Advanced Therapies & Procedures

In severe or treatment-resistant cases, surgery to remove part of the colon, endoscopic therapy, or biologic medications may be necessary.

Therapy Options

- **Biologic therapies** – Target specific immune responses
- **Endoscopic dilation** – Relieve strictures
- **Surgical resection** – Remove damaged colon section
- **Ileostomy or colostomy** –
If colon removal is needed
- **Plasmapheresis** –
In rare autoimmune cases



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Coping With **Colitis**

Coping involves managing stress, following dietary advice, taking medications regularly, tracking symptoms, and maintaining regular follow-ups with a gastroenterologist.

Practical Strategies

- **Follow treatment plan**
- **Eat a gut-friendly diet**
- **Manage stress with relaxation techniques**
- **Track symptoms in a journal**
- **Stay hydrated**
- **Keep regular doctor visits**



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FAQS About Colitis



Q1: Is colitis the same as ulcerative colitis?

A: No, ulcerative colitis is a type of chronic colitis caused by an autoimmune condition.

Q2: Can colitis be cured?

A: Infectious colitis can be cured, but chronic forms often require long-term management.

Q3: Is diet important for colitis?

A: Yes, diet can help reduce symptoms and prevent flare-ups.

Q4: When should I see a doctor?

A: If you experience severe diarrhea, blood in stool, or persistent abdominal pain.



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Take **Action**

If you experience colitis, don't ignore them. Early diagnosis and treatment can prevent complications. Schedule a consultation with GastroDoxs for expert guidance on managing your digestive health.

Visit GastroDoxs.com to schedule an appointment and access more resources on digestive health.

**Your health matters—
take the next step today!**

SCHEDULE AN APPOINTMENT

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