

## Patient Counseling Information

## GI Pathology Report

Patient Name:

Date of Testing:

Birth Date:

Social Security #:

## Your Pathology Test Result

Ulcerative colitis

## Pathologist Description of Your Diagnosis

One of two types of inflammatory bowel disease (IBD). The large intestine or colon can become inflamed in ulcerative colitis and involves the inner lining (mucosa) of the colon. IBD is a true inflammation of the intestine resulting in bleeding, fever, diarrhea, and cramping abdominal pain. Ulcerative colitis may lead to chronic bleeding, intermittent diarrhea, anemia, and pre-cancerous and cancerous lesions. There is no one explanation for IBD. Current theory holds that a viral or bacterial or allergic process inflames the intestine. If the person is genetically predisposed this produces antibodies which attack the intestine and causes inflammation. There is little evidence that stress is a major cause of ulcerative colitis. Regular check ups are necessary to detect any pre-cancerous or cancerous lesions at the earliest possible time.

## Your Options For Treatment

Medications - 5-ASA - orally, suppositories, or enemas

Corticosteroid therapy (hydrocortisone, prednisolone) - orally, suppositories and enemas, and intravenously

Anti-immune therapy (azathioprine and 6-mercaptopurine)

Diet management

Surgery

## Patients' Frequently Asked Questions

What are the surgical options available?

Are there complications from medical treatments?

How successful is medical treatment?

How is IBD different than IBS?(Irritable Bowel Syndrome)

What is the cause of IBD?

What is the difference between Ulcerative colitis and Crohn's disease

## Suggestions For Your GI Health Maintenance

### Don't Miss Your Follow Up Appointments

Take your medications as prescribed

Maintain good nutrition

Have periodic blood tests to monitor drug effects

If milk sensitive, avoid milk products or use milk with lactase

## Additional GI Patient Resources and Support

American Digestive Health Foundation, 1-800-NO-ULCER.

Health & Wellness Hotline 800-394-7546

Digestive Health Initiative – 800-668-5237

American College of Gastroenterology Hotline 800-978-7666, website - [www.acg.gi.org](http://www.acg.gi.org)

Society of American Gastrointestinal Endoscopic Surgeons (SAGES) – 310-314-2404 or FAX 310-314-2585;

e-mail: [SAGES@aol.com](mailto:SAGES@aol.com)

OncoDiagnostic Laboratory, Inc., website: <http://www.oncodiagnostic.com/>

This report is provided to help you understand your pathology test result and to review your treatment options. Other treatment options and additional information may also be available. Please consult your doctor with any questions you may have. Only you and your doctor can decide which treatment is best for your condition based on your medical history and condition.

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