

Helpful tips for managing ulcerative colitis (UC)

There are several steps to take that can help you manage your chronic condition.



Diet

Talk to your doctor about the foods you eat. No one food or drink will aggravate symptoms for everyone, so it's important to know which foods impact your symptoms.

- **Keep a food journal** to help track how your diet relates to your symptoms
- **Eat a well-balanced diet** to prevent loss of nutrients and weight from diarrhea, rectal bleeding, and loss of appetite
- **Avoid greasy foods** when experiencing a flare-up, which can cause gas and diarrhea
- **Limit raw, high-fiber foods** as they can be hard to digest and may worsen symptoms like bloating, gas, and diarrhea. Cooking these foods can make them easier to digest
- **Be mindful** when drinking; consuming alcohol or caffeine can make symptoms worse

If you find that a particular food is aggravating your symptoms, talk to your doctor or a dietitian. A registered dietitian can help you plan a diet that works for you.



Plan ahead when traveling

Doing so can help you feel prepared.

- **Know** where the nearest restroom is where you will be visiting
- **Use** a bathroom locator app to help locate a bathroom in your area
- **Bring** extra underwear and other clothing, baby wipes, hand sanitizer, plastic bags, and deodorizer



Share with others

It's not always easy, but here are some steps to take to help start the conversation.

- **Ask** yourself who you are sharing with, what your relationship is, and why you want to share with this person
- **Describe** how the condition affects daily activities
- **Think** about the most important thing you want this person to know