

# Ulcerative Colitis

Ulcerative colitis is a bowel disease. The cause is not known. The inner lining of the colon, also called the large intestine, becomes irritated or inflamed. Tiny sores or ulcers form. This often starts in the lower part of the colon and can spread.

## Signs

You may have some or all of the these signs:

- Stomach pain
- Diarrhea
- Bleeding in stool or from the rectum
- Fatigue
- Loss of appetite
- Weight loss
- Loss of body fluids, also called dehydration

## Your Care

Your doctor will check you and order tests. These tests may include:

- A stool sample to test for blood.
- A barium enema to see an x-ray picture of the colon.
- A test to look at the inside of the rectum and colon. Sometimes a tissue sample, called a biopsy, is taken to be checked in the lab.

Your treatment may include:

- Avoiding foods that worsen your signs
- Medicines to control colon inflammation
- Surgery

**Talk to your doctor or nurse if you have any questions or concerns.**

# 潰瘍性結腸炎

潰瘍性結腸炎是一種腸道疾病。原因尚不清楚。結腸(也稱為大腸)的內壁變得不適或發炎。有小痛處或形成潰瘍。這經常從結腸底部開始並可散佈。

## 症狀

你可能有以下某些或所有症狀：

- 胃痛
- 腹瀉
- 大便帶血或從直腸流血
- 疲累
- 失去食慾
- 體重減輕
- 體液流失，也稱為脫水

## 你的醫療

你的醫生將對你作檢查並訂一些檢查。這些檢查可能包括：

- 一個大便樣品，用於檢查是否帶血。
- 一次鋇灌腸劑，以看到結腸的 x 光照片。
- 一項查看直腸和結腸內部的檢查。有時要取一個組織樣品，稱為生檢，用於化驗檢查。

你的治療可能包括：

- 避免能惡化你症狀的食物
- 藥物控制結腸發炎
- 做手術

**如果您有任何疑問或關注事項，請告知您的醫生或護士。**

Ulcerative Colitis. Traditional Chinese.

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