



Summary of NICE Guidelines

Title	Ulcerative Colitis: Management in adults, children and young people.
NICE Reference	CG166
Date of Review:	July 2013
Date of Publication	June 2013
Summary of Guidance (Max 250 words)	<ul style="list-style-type: none">• Patients with Ulcerative Colitis (UC) should be well informed about the disease, treatments and side effects, monitoring and where appropriate, the risk of colorectal cancer.• Current approaches for management include treating active disease to address symptoms, improving quality of life and inducing and maintaining remission.• Treatment to induce remission is dependent on the severity and type of disease and the patient's personal preferences.• Drugs used to induce and maintain remission can be topical, oral or intravenous and may include aminosaliclates, corticosteroids and other biological drugs.• Policies and procedures must be in place for monitoring treatment and abnormal results must be communicated to relevant parties.• If patients are admitted to hospital with acute severe UC then the need for surgery should be assessed.• UC patients who are considering surgery should have access to a specialist to discuss all treatment options. Information should also be provided on other important topics such as psychological well-being and effects on lifestyle before and after surgery.• Effective communication across all specialties is vital when caring for pregnant women with UC.• Pregnant women should be given information on the risks and benefits of medical treatment to induce or maintain remission.• Bone health should be monitored in adults (refer to CG146), and in children during chronic active disease, after treatment with systemic corticosteroids and after recurrent active disease.• In children and young people height and body weight as well as pubertal development should be monitored.

Impact on Lab (See below)	<input checked="" type="checkbox"/> None
Lab professionals to be made aware	Not applicable
Please detail the impact of this guideline (Max 150 words)	This guideline has no impact on the provision of laboratory services.

Impact on Lab

- None:** This NICE guideline has no impact on the provision of laboratory services
- Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

Written by: Dr Helen Falconer

Reviewed by: Dr Matt Brookes, Consultant Gastroenterologist