CROHN'S DISEASE

Definitions

Clinical remission:

Resolution of symptoms (stool frequency ≤ 3/day, no bleeding and no urgency)

Endoscopic remission:

Absent or minimal endoscopic lesions

No response:

No clinical improvement within 2-3 weeks of corticosteroid therapy, or up to 12 weeks of anti-TNF therapy

Relapse:

Flare of symptoms associated with evidence of inflammation as determined by CRP, fecal calprotectin, MR or CT enterography, endoscopy or ultrasound and absence of viral/bacterial infection

Recurrence:

The reappearance of lesions after surgical resection

Steroid-resistant:

Patients who have active disease despite prednisolone of up to 0.75 mg/kg/day over a period of 4 weeks

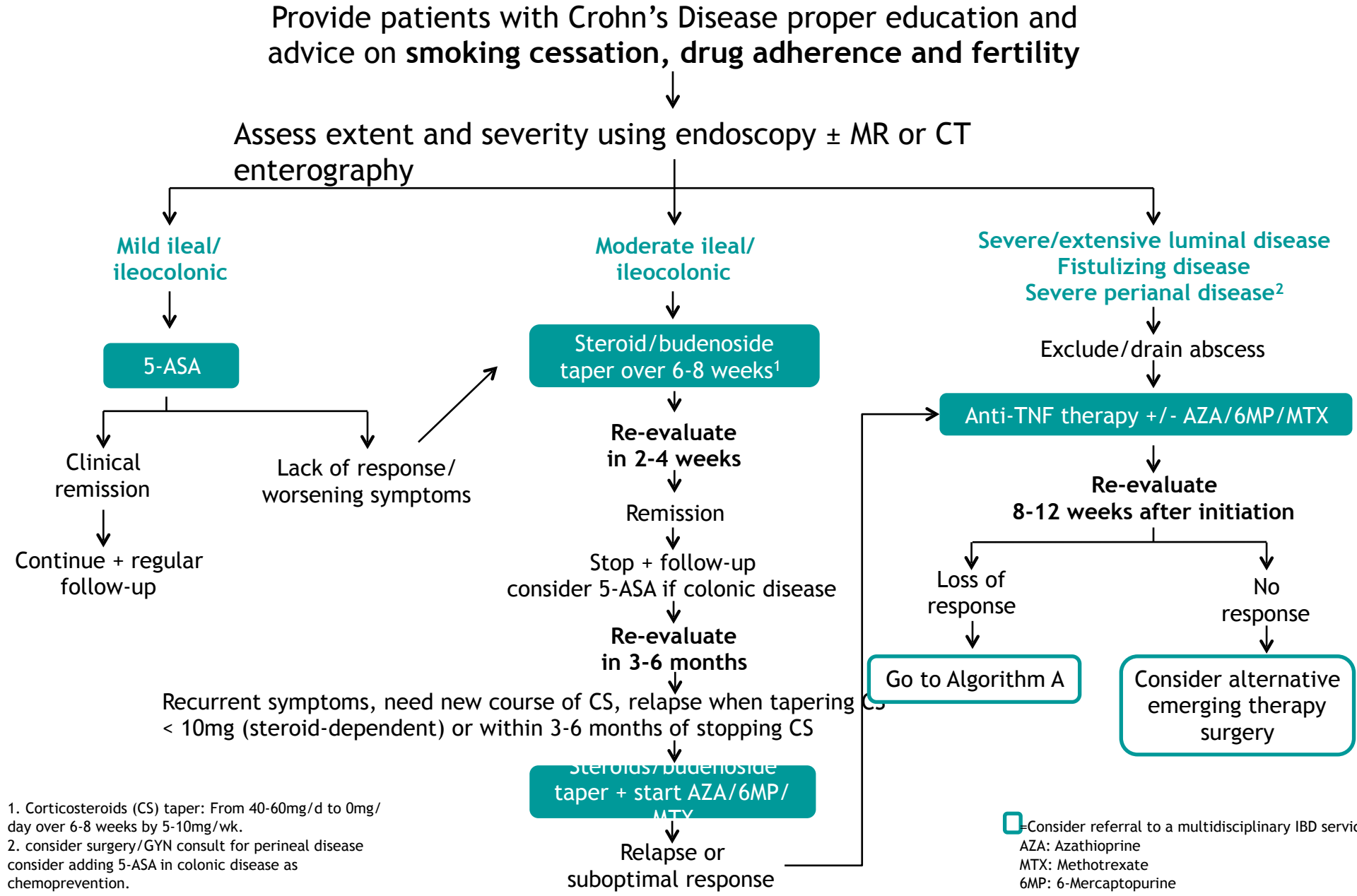
Steroid-dependent:

Patients who are either

-Unable to reduce steroids below the equivalent of prednisolone 10 mg/day within 3 months of starting steroids without recurrent active disease, or

-Who have a relapse within 3 months of stopping steroids

Treatment Algorithm for Crohn's Disease



1. Corticosteroids (CS) taper: From 40-60mg/d to 0mg/ day over 6-8 weeks by 5-10mg/wk.
2. consider surgery/GYN consult for perineal disease consider adding 5-ASA in colonic disease as chemoprevention.

=Consider referral to a multidisciplinary IBD servic
AZA: Azathioprine
MTX: Methotrexate
6MP: 6-Mercaptopurine

ULCERATIVE COLITIS

Definitions

Clinical remission:

Resolution of symptoms (stool frequency ≤ 3/day, no bleeding and no urgency)

Endoscopic remission:

Absent or minimal endoscopic lesions

Relapse:

Flare of symptoms (blood in stool, tenesmus, diarrhea) with or without evidence of mucosal inflammation and in the absence of concomitant infection

Steroid-resistant:

Patients who have active disease despite prednisolone of up to 0.75 mg/kg/day over a period of 4 weeks

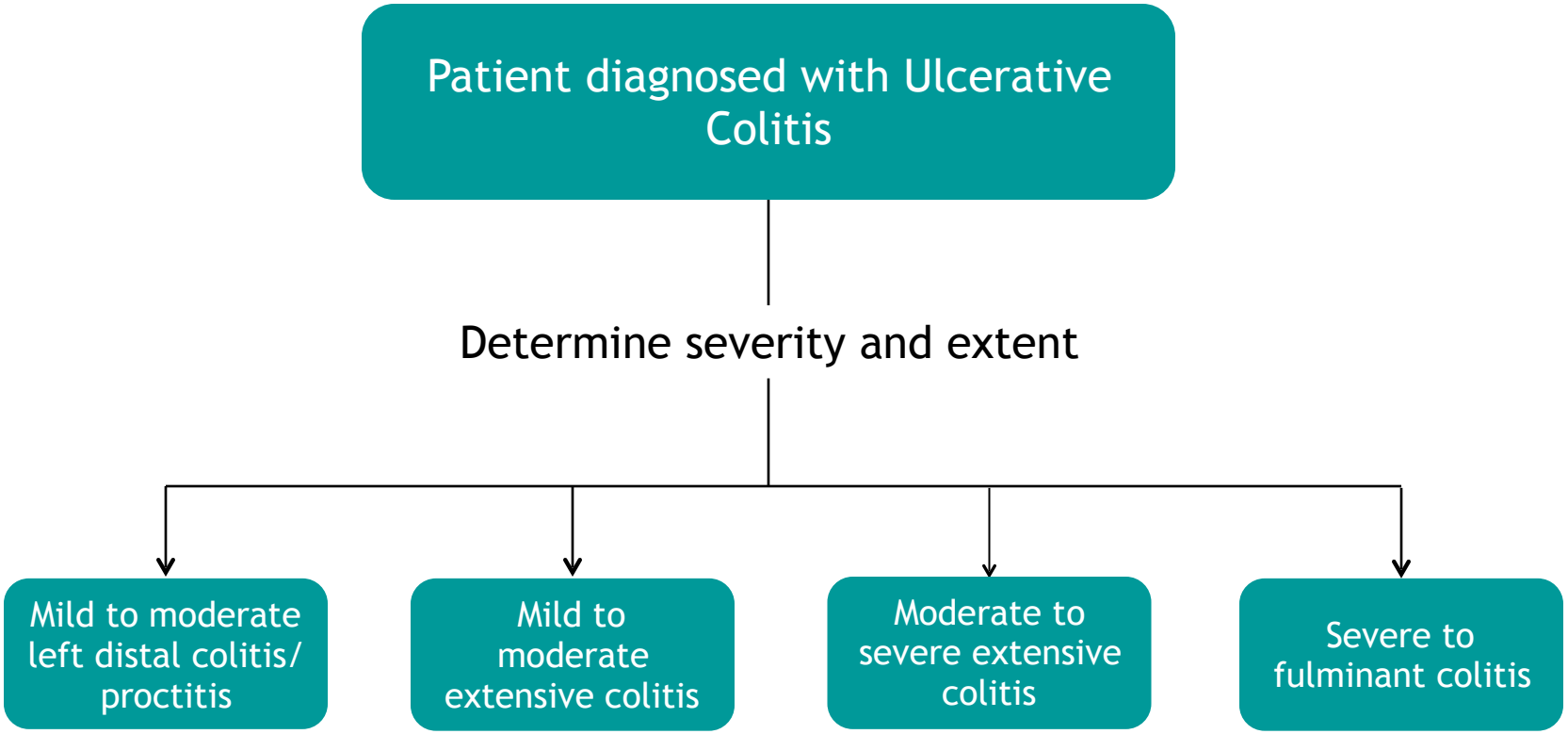
Steroid-dependent:

Patients who are either:

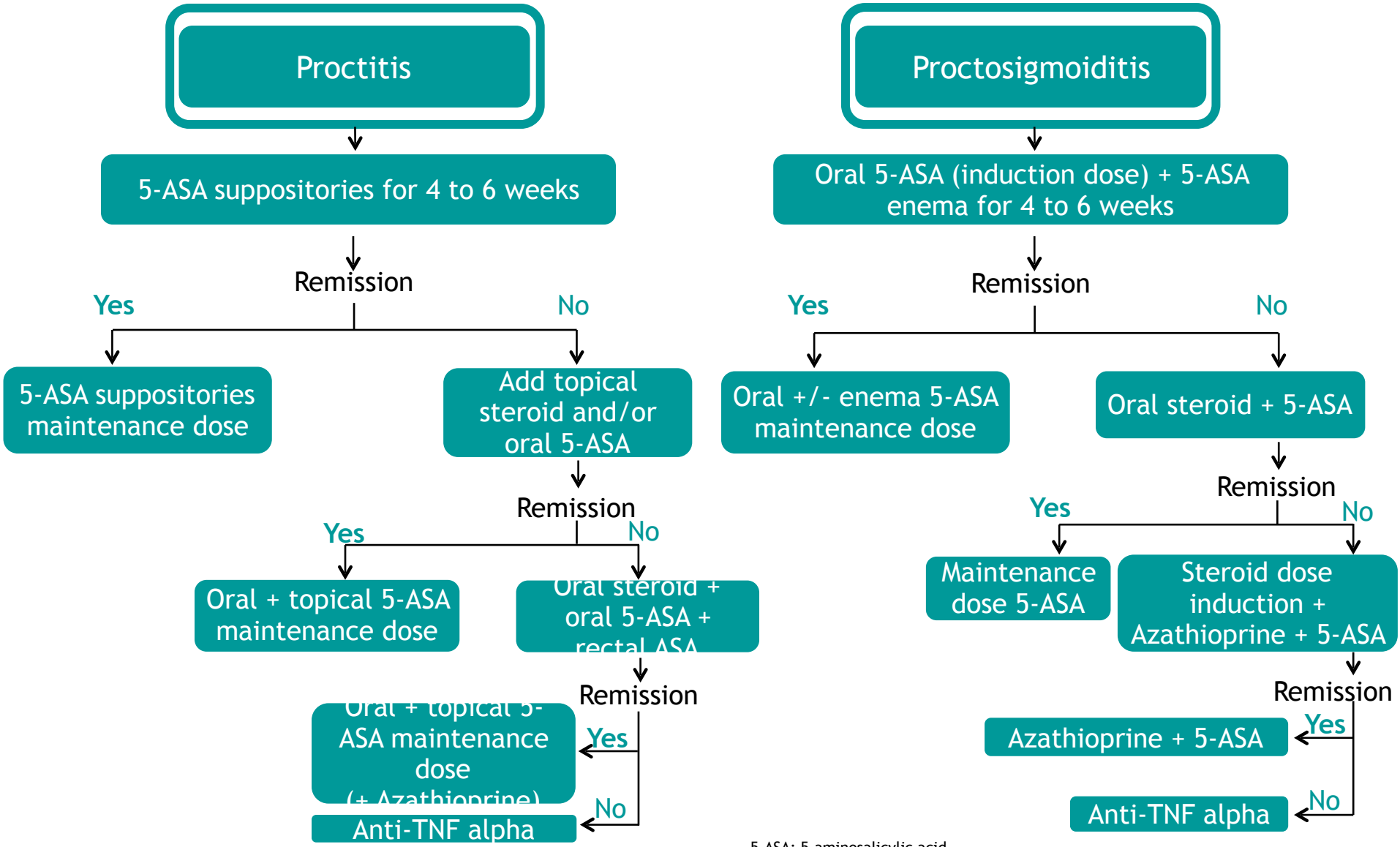
-Unable to reduce steroids below the equivalent of prednisolone 10 mg/day within 3 months of starting steroids, without recurrent active disease, or

-Who have a relapse within 3 months of stopping steroids

Treatment Algorithm for Ulcerative Colitis

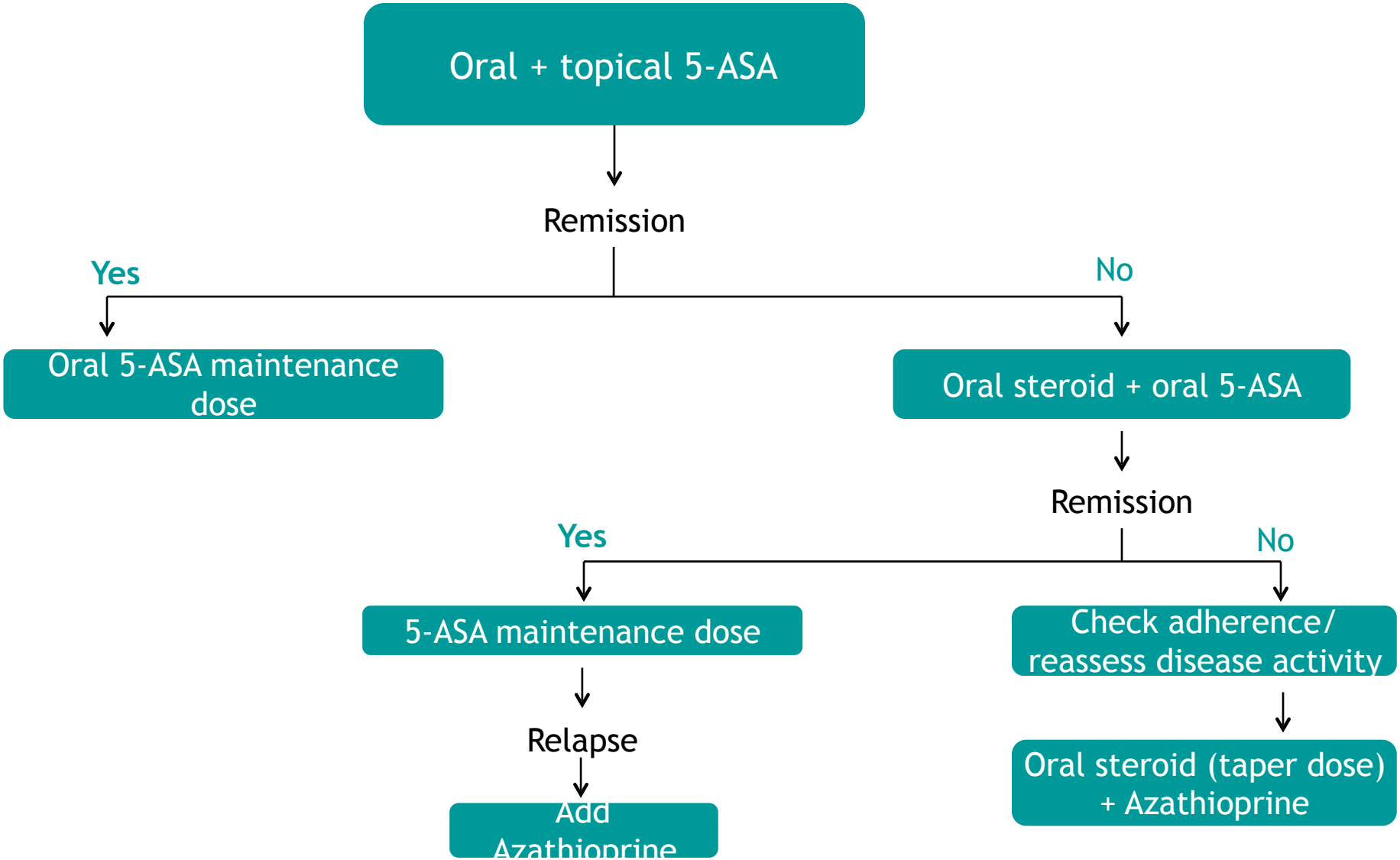


Mild to Moderate Distal Colitis



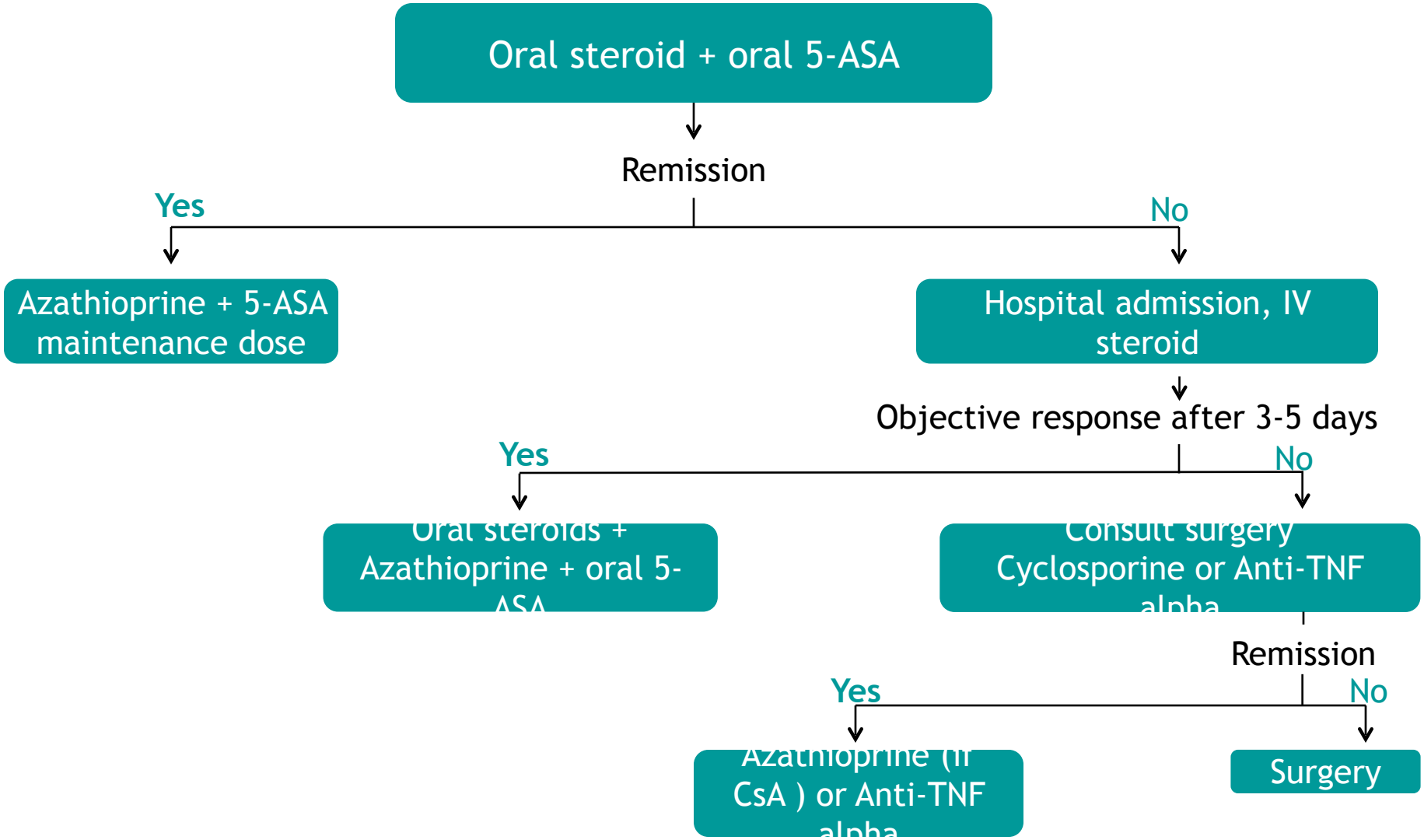
5-ASA: 5-aminosalicylic acid

Mild to Moderate Extensive Colitis



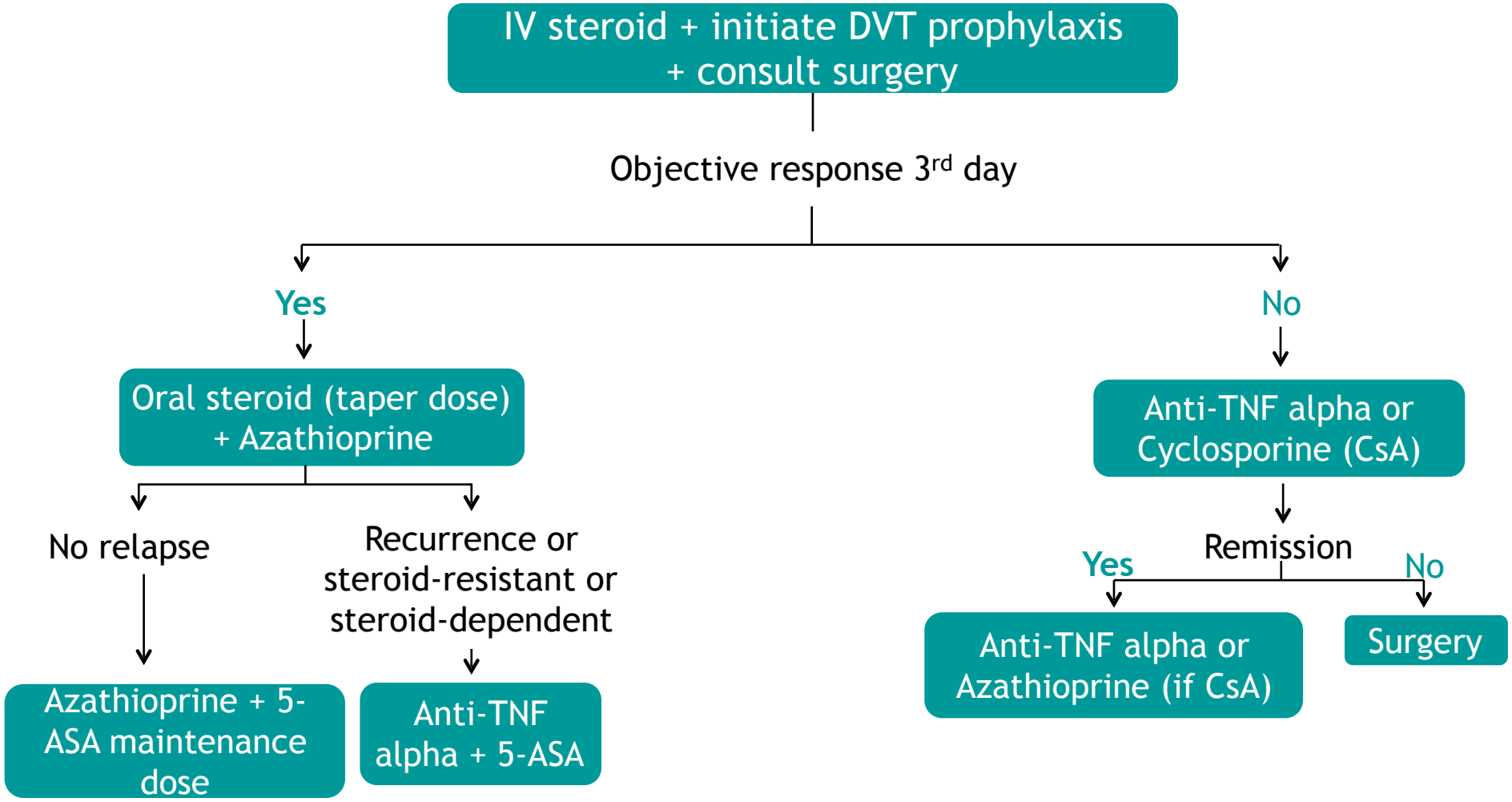
5-ASA: 5-aminosalicylic acid

Moderate to Severe Extensive Colitis



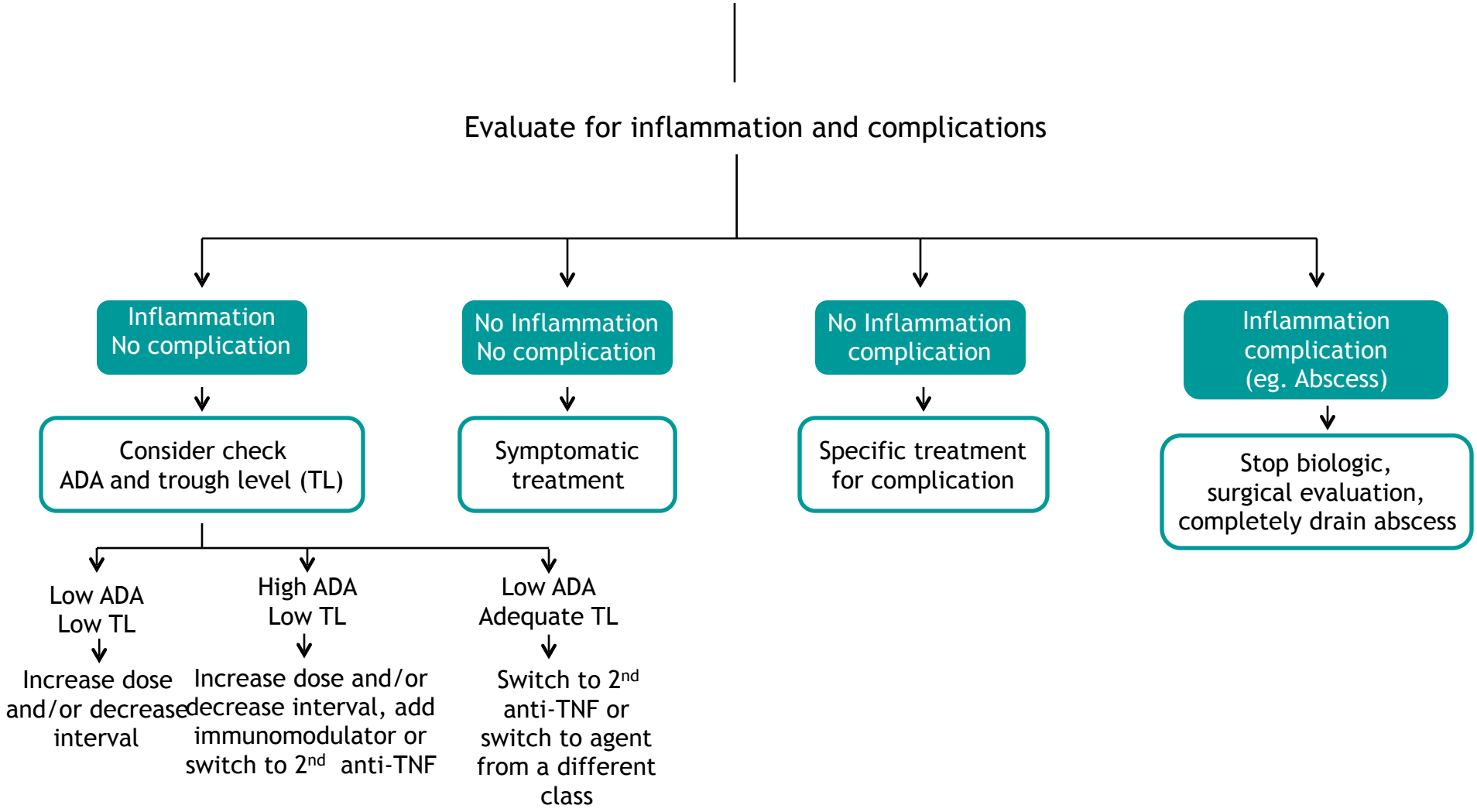
5-ASA: 5-aminosalicylic acid
CsA: Cyclosporine

Severe to Fulminant Ulcerative Colitis



5-ASA: 5-aminosalicylic acid
CsA: Cyclosporine
DVT: Deep Venous Thrombosis

Algorithm A: Loss of Response to 1st Anti-TNF Agent



ADA: Anti-Drug Antibodies
TL: Trough Level