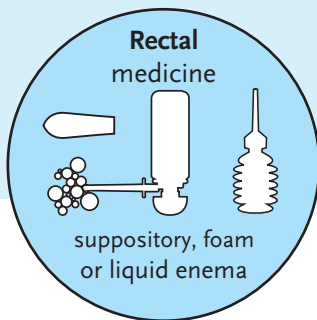


## Why have I been prescribed rectal therapy?

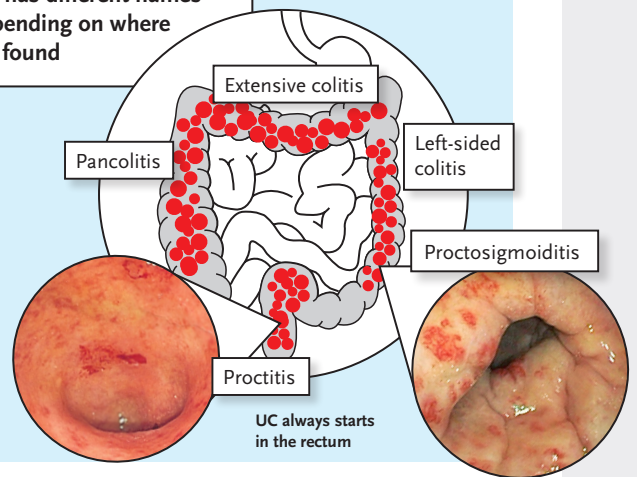
In ulcerative colitis (or UC for short), the colon and rectum become inflamed.

**The goal of treatment is to get your inflammation under control and to stop it from coming back.**

Getting the medicine where it's needed isn't always simple. Your gut, from mouth to anus, is roughly the same length as a London bus. For patients with distal disease (UC that affects the last part of your colon), experts recommend rectal therapy as it makes sure the medicine gets to where it's needed most.

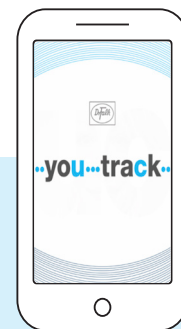


UC has different names depending on where it's found



Depending on where your disease is located, the medicine is delivered to the inflamed areas by either a suppository, foam or liquid enema. It is natural to feel a bit uncertain about using rectal therapy at first. Don't worry, most people get used to them quickly and they become just another daily routine.

Even if you start to feel better, it is very important to stick to your treatment routine. If you do find yourself missing doses, talk to your doctor or nurse – they are there to help. You can also download the you...track app from the App and Google Play store to help you stay on track with your treatment.



you...track app

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> for UK residents and via <http://www.hpra.ie/homepage/about-us/report-an-issue> for residents of the Republic of Ireland. By reporting side effects you can help provide more information on the safety of medicines.

