A central graphic featuring a large orange circle containing a faint outline of a pair of hands. The text "Microscopic colitis explained (MC for short)" is centered within this circle in white. The background of the entire page is a light orange color with a pattern of white dotted lines forming irregular, organic shapes.

Microscopic  
colitis  
**explained**  
(MC for short)



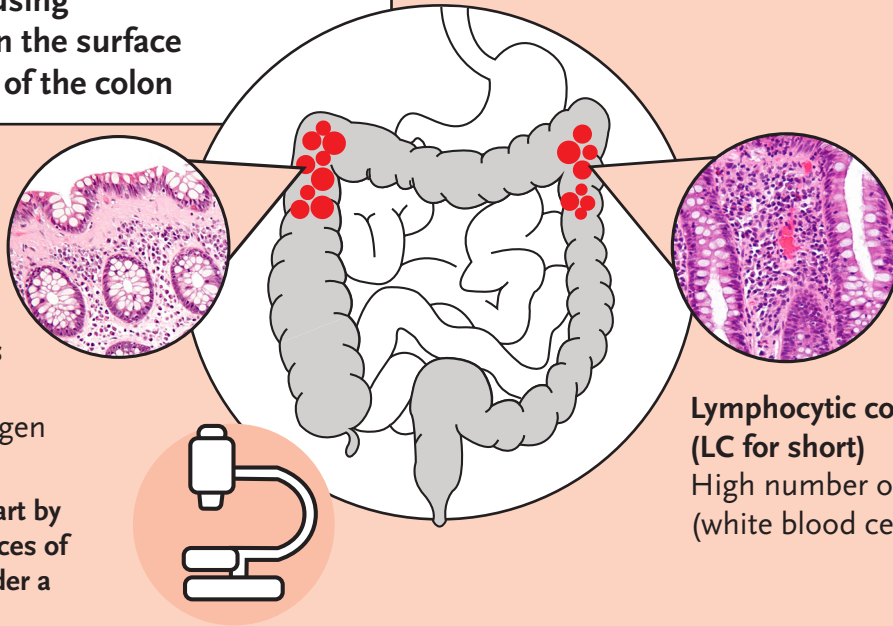
Informed with  
**care**



# Microscopic colitis (MC for short)

A condition causing inflammation in the surface layer (mucosa) of the colon

In MC, the colon can't absorb all of the water from leftover waste, leading to watery diarrhoea

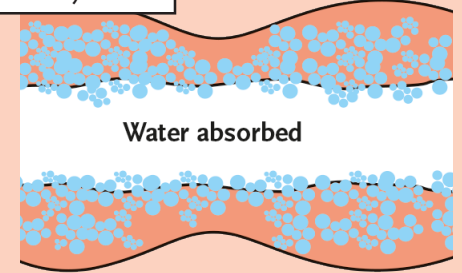


**Collagenous colitis  
(CC for short)**  
Thick layer of collagen

**Lymphocytic colitis  
(LC for short)**  
High number of lymphocytes  
(white blood cells) in the mucosa

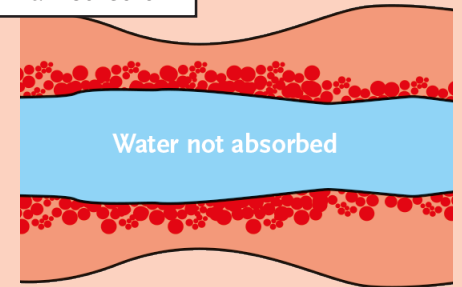
We can tell them apart by examining small pieces of tissue (biopsies) under a microscope

Healthy colon



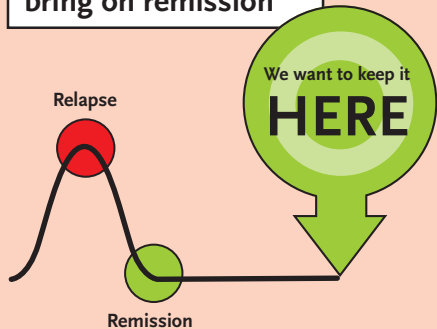
Water absorbed

Inflamed colon



Water not absorbed

Our goal is to relieve your symptoms and bring on remission



Triggers

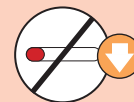
Medicines like:  
NSAIDs, PPIs  
Foods like:  
dairy, gluten, sweeteners



Treatments

Anti-diarrhoeals  
Bile salt binders  
Topical steroids  
(e.g. budesonide)

There are other things you can do to help yourself



Don't smoke



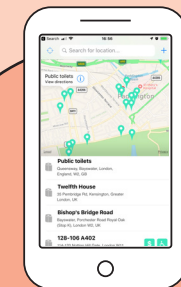
Drink lots of water



Keep active



Talk things through

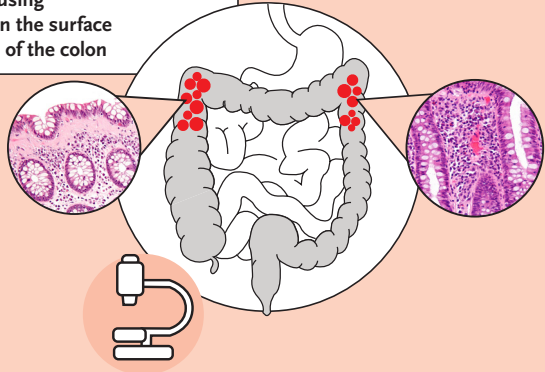


Flush app

# Microscopic colitis

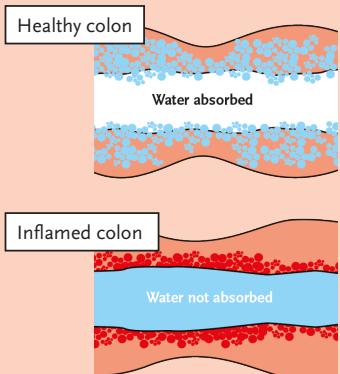
(MC for short)

A condition causing inflammation in the surface layer (mucosa) of the colon



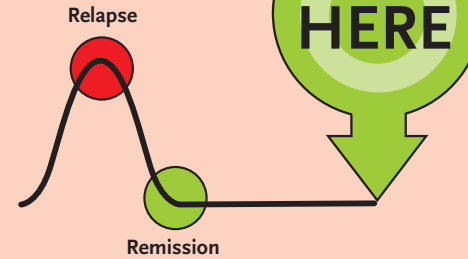
- MC is a type of inflammatory bowel disease with two main types: CC and LC<sup>1</sup>
- In CC, there's a build-up of collagen in the lining of your gut (collagen is a threadlike protein that gives structure to your skin, bones and other body parts)<sup>2,3</sup>
- In LC, there's a high number of lymphocytes in the lining of your gut (lymphocytes are a type of white blood cell that protects your body against disease)<sup>2</sup>
- We can tell them apart by looking at biopsies (small pieces of tissue taken during an endoscopy) under a microscope in the lab<sup>1</sup>

In MC, the colon can't absorb all of the water from leftover waste, leading to watery diarrhoea



- Watery diarrhoea is the main symptom of MC, but we don't fully understand what causes it<sup>4</sup>
- The colon's main role is to absorb leftover water from the food you eat<sup>5</sup>
- When the colon is inflamed, it becomes less efficient at absorbing liquid from the waste, leading to watery stools<sup>6</sup>

Our goal is to relieve your symptoms and bring on remission



**—** Triggers

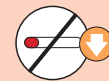
Medicines like:  
NSAIDs, PPIs  
Foods like:  
dairy, gluten, sweeteners

**+** Treatments

Anti-diarrhoeals  
Bile salt binders  
Topical steroids  
(e.g. budesonide)

- Inflammation can go up and down, with periods of remission (when you feel well) and relapses (when you get symptoms)<sup>1</sup>
- The first step to getting you into remission is taking away anything that might be triggering your MC<sup>4</sup>
  - NSAIDs (like aspirin and ibuprofen), PPIs (like omeprazole) and foods like dairy and sweeteners are common triggers<sup>4</sup>
- Most people will also need treatment that's tailored to their condition, like anti-diarrhoeals to control symptoms or steroids (like budesonide) to suppress the inflammation in your gut<sup>7</sup>

There are other things you can do to help yourself



Don't smoke



Drink lots of water



Keep active



Talk things through

- Smoking can make it harder to get MC into remission, so it's best to avoid it<sup>7</sup>
- Regular exercise can help reduce fatigue and inflammation in people with IBD<sup>8</sup>
- Drink plenty of liquids to avoid dehydration when you have diarrhoea<sup>3,9</sup>
- It's a good idea to talk things through – you can find lots of support through Crohn's & Colitis UK

## References

### Microscopic colitis (MC)

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7. Boland K, Nguyen GC. Gastroenterol Hepatol 2017; 13(11): 671-7.
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9. Brown AC *et al.* Expert Rev Gastroenterol Hepatol 2011; 5(3): 411-25.

## Abbreviations

**CC:** collagenous colitis

**IBD:** inflammatory bowel disease

**LC:** lymphocytic colitis

**MC:** microscopic colitis

**NSAID:** non-steroidal anti-inflammatory drug

**PPI:** proton pump inhibitor

## Useful links:

[www.dralk.co.uk](http://www.dralk.co.uk)

[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)

Adverse events should be reported. Reporting forms and information in Ireland can be found at [www.hpra.ie](http://www.hpra.ie) and in the UK at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. Adverse events should also be reported to Dr Falk Pharma UK Ltd. at [PV@drfalkpharma.co.uk](mailto:PV@drfalkpharma.co.uk)

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