

GP Referral Letter

Your patient has been referred to me as colonic biopsies have confirmed a diagnosis of microscopic colitis.

I have written to the patient to advise that should they have diarrhoea that is problematic they may well benefit from a course of Budesonide.

If your patient wishes to have some treatment before he / she sees me that it would be appropriate to give her a prescription for Budenofalk initially at a dose of 9mg od for 8 weeks followed by one week at 6mg a day and one week at 3mg a day. If the patients symptoms recur after stopping the treatment please issuea further prescription for another 8 weeks of Budenofalk at 9mg daily

Budenofalk is a topical steroid but unlike other steroids very little of it actually becomes absorbed into the body so the risk of side effects is reduced.

I have also advised your patient that some drugs (lansoprazole, omeprazole, NSAIDs, SSRIs and statins) can also be associated with this condition. It may be reasonable to consider either stopping these medicines or selecting an alternative if possible. I have advised your patient to seek advice before making adjustments to their medication and also to consider smoking cessation.