

Patient Letter

I have been asked to see you in my outpatient clinic because your recent biopsies taken when you had a camera test to examine the colon showed that you have a condition called microscopic colitis.

Microscopic Colitis is not a dangerous condition but it can cause unpleasant symptoms of diarrhoea. It can be associated with certain drugs including pain killers such as ibuprofen and diclofenac. Some other commonly used drugs such as omeprazole and lansoprazole (used to reduce stomach acid) have also been associated with this condition. Some statins used for cholesterol control have also been implicated. If you are on any of these drugs it would be worthwhile checking with your GP to see if it is safe to stop them, or if there is an alternative treatment that could be used in your case. I would not recommend making adjustments to your medicines without first discussing things with your doctor.

While you are waiting for your clinic appointment with me it would be reasonable for you to start treatment for Microscopic Colitis if you have ongoing problems of diarrhoea. I would recommend that you use a medicine called Budenofalk at a dose of 9mg once a day which you take for 8 weeks followed by one week at 6mg a day and one week at 30mg a day. If your symptoms recur after stopping the treatment please contact your GP to request a further prescription for another 8 weeks of Budenofalk at 9mg daily

Budesonide 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 will write to your GP asking for you to be given a prescription for Budenofalk should your diarrhoea be problematic. You may contact your GP practice to arrange to collect the prescription.

Please do not hesitate to contact me if you have any questions regarding the above. My secretary's number is xxxxxx

More information about microscopic colitis can be found here:

<https://gutscharity.org.uk/advice-and-information/conditions/microscopic-colitis-2/>

<https://www.crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/microscopic-colitis>

