

# My Ulcerative Colitis Activity Index:

## Patient-Reported Information to Share With Your Healthcare Professional

The proposed Ulcerative Colitis Activity Index—published in the *2019 American College of Gastroenterology (ACG) Clinical Guideline: Ulcerative Colitis in Adults*—can be used by people with ulcerative colitis (UC) as a tool to track some of their symptoms and share that information with their healthcare professional team.<sup>1,2</sup>

The proposed ACG index focuses on three symptoms that a patient with UC may experience: stool frequency, blood in stools, and urgency. There are other UC symptoms and physician-ordered tests that are not reflected in the proposed guidelines. All patients are different. People's symptoms and disease severity level may vary. Using the proposed ACG index, you can collect information on some of your symptoms—information that can serve as the basis for discussion with your healthcare team about your UC disease management plan.

The important patient-reported information you can provide to help your healthcare professional team track your UC disease activity includes:

Stool frequency

Blood in stools

Urgency

See the  
questions on the  
reverse side of  
this form

Consider bringing the completed form with you for all telehealth or in-office visits and sharing it with your healthcare provider.

Your next appointment:

Healthcare professional:

\_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

List the questions, issues, or concerns you would like to discuss with your healthcare professional team during your next telehealth or in-office visit:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# My Ulcerative Colitis Activity Index Assessment:

## Patient-Reported Information to Share With Your Healthcare Professional

Answer the questions below related to **stool frequency**, **blood in stools**, and **urgency**. Consider bringing the completed form with you for all telehealth or in-office visits and sharing it with your healthcare provider.

PATIENT NAME: \_\_\_\_\_

DATE:			
1	On average, how many bowel movements are you having each day? <input type="text"/>		
2	How often are you seeing blood in your stools? (Check one)		
	<input type="checkbox"/> None	<input type="checkbox"/> Intermittently	<input type="checkbox"/> Frequently
3	How often are you experiencing urgency? (Check one)		
	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often
			<input type="checkbox"/> Continuously

DATE:			
1	On average, how many bowel movements are you having each day? <input type="text"/>		
2	How often are you seeing blood in your stools? (Check one)		
	<input type="checkbox"/> None	<input type="checkbox"/> Intermittently	<input type="checkbox"/> Frequently
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	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often
			<input type="checkbox"/> Continuously

DATE:			
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	<input type="checkbox"/> None	<input type="checkbox"/> Intermittently	<input type="checkbox"/> Frequently
3	How often are you experiencing urgency? (Check one)		
	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Often
			<input type="checkbox"/> Continuously

The information contained in this educational resource is intended to reinforce and supplement information you receive from your healthcare team. It is not a substitute for medical advice from your physician. If you have questions about the information you read in this educational resource, please discuss them with your healthcare provider.

**References:** 1. Rubin DT, Ananthakrishnan AN, Siegel CA, Sauer BG, Long MD. ACG Clinical Guideline: Ulcerative Colitis in Adults. *Am J Gastroenterol*. 2019;114(3):384-413. 2. Truelove SC, Witts LJ. Cortisone in ulcerative colitis; final report on a therapeutic trial. *Br Med J*. 1955;2(4947):1041-1048.