

Living with Moderate to Severe Ulcerative Colitis

Treatment for UC is not one-size-fits-all.
Know your options. Talk to your doctor.



Talking to your doctor

There are many different types of lifestyle adaptations and medications available to help treat moderate to severe ulcerative colitis (UC), so it's important to keep your doctor up to date about your symptoms and also to let them know how you are feeling on your current treatment plan, and whether this plan aligns with your lifestyle and goals.

Bringing your talking points to your next appointment is a great way to help get the conversation started.

Question 1

I would like to understand my treatment options in more detail.

Yes

No

Question 3

I would prefer to take my medication:

At home

At the clinic

Question 5

I'm unfamiliar with all the different treatment options and would like to discuss them.

Yes

No

My next appointment:

Date:

Time:

Understanding my UC treatment options

Want to find out more about the different treatment options available?

If you suffer from moderate to severe UC and cannot tolerate certain medications, or have had an inadequate response to specific medications, fill out the questionnaire to prepare for your next appointment and find the best fit for you.

Question 2

I feel like I need to plan my life around my medications and it's not always convenient.

Yes

No

Question 4

It's important for me to choose medications that fit with my lifestyle (e.g., easy storage, simple preparation).

Yes

No

Question 6

I want to learn more about specific drug options [select all that interest you]:

tofacitinib

adalimumab

golimumab

infliximab







ustekinumab

vedolizumab

Notes:

Drug options to consider

There is a variety of different categories of medications that can be used in the treatment of moderate to severe UC. This includes sulfasalazine and 5-ASA, corticosteroids and immunomodulators. The table below focuses on options that your doctor may suggest if you cannot tolerate certain treatments or have had an inadequate response to specific medications.

Active ingredient	tofacitinib	adalimumab	golimumab	infliximab	ustekinumab	vedolizumab
Products	PrXELJANZ®	PrHUMIRA® Biosimilars: PrABRILADA® PrAMGEVITA® PrHADLIMA® PrHULIO® PrHYRIMOZ® PrIDACIO®	PrSIMPONI®	PrREMICADE® Biosimilars: PrAVSOLA™ PrINFLECTRA® PrRENFLEXIS™	PrSTELARA®/PrSTELARA® IV	PrENTYVIO®
How is it taken	 Pill, taken orally	 SC injection, given by nurse or myself	 SC injection, given by myself	 IV infusion, given by nurse	 IV infusion, given by nurse followed by SC injection, given by myself	 IV infusion, given by nurse followed by SC injection, given by myself
How often to take it (initially)	1 tablet twice daily for 8 weeks	2 injections, 2 weeks after first dose	1 injection, 2 weeks after first dose	1 infusion, 2 and 6 weeks after first dose	1 IV infusion, followed by 1 SC injection 8 weeks later	2 IV infusions, 2 weeks apart
How often to take it (long-term)	1 tablet twice daily	1 injection every 2 weeks	1 injection every 4 weeks	1 infusion every 8 weeks	1 SC injection every 8 weeks	1 IV infusion, 6 weeks after first dose; 1 SC injection every 2 weeks
Possible side effects	Upper respiratory tract infection, nasopharyngitis, headache, diarrhea, nausea, indigestion, cough, dizziness, vomiting, back pain, joint pain, rash, muscle weakness/pain Serious infections, lymphoma, other cancers and other serious conditions, blood clots that may cause death	Injection site reaction, cough and cold symptoms, including sore throat, headache, rash, nausea, pneumonia, fever, abdominal pain Allergic reactions, hepatosplenic T-cell lymphoma and other cancers which may result in death, lupus-like symptoms, rare cases of nervous system diseases, serious infections, blood problems such as anemia or low platelets	Flu, bronchitis, infection of soft tissues, sore throat, upper respiratory infection, sinus infection, runny nose, cold sores, abnormal liver tests, dizziness, numbness or tingling, high blood pressure, fever, hair loss and redness at the site of injection Serious infections, lymphoma and other cancers which may result in death	Shortness of breath, rash, headache, abdominal pain, back pain, coughing, diarrhea, dizziness, fatigue, itchiness, pain, upper respiratory infections, upset stomach, and urinary tract infections Serious infections, lymphoma and other cancers which may result in death; some patients have developed hepatosplenic T-cell lymphoma	Upper respiratory tract infections, infection of the nose and throat, dizziness, headache, sore throat, diarrhea, nausea, vomiting, itching, back pain, muscle aches, joint pain, feeling very tired, redness of the skin where the injection is given, pain where the injection is given, sinus infection	Nasopharyngitis, arthralgia, headache, nausea, fever, upper respiratory tract infection, fatigue and cough and injection site reactions

5-ASA = 5-aminosalicylic acid; IV = intravenous; SC = subcutaneous.

A biosimilar biologic drug, or biosimilar, is a drug demonstrated to be highly similar to a biologic drug that has already been authorized for sale (known as the reference biologic drug).

This is not a complete list of side effects. Talk to your doctor for complete medication information. Your doctor will monitor your response to treatment and may adjust the dosage as needed. Insurance coverage may vary between treatments. Your doctor or insurance provider can help you determine which treatments you are eligible for. Bring this guide to your next appointment to help get the conversation started. Visit [UCOptions.ca](https://www.ucoptions.ca)

Information valid as of March 2022.

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PP-XEL-CAN-0779-EN