

溃疡性结肠炎

Ulcerative Colitis

Ulcerative colitis is a bowel disease. The cause is not known. The inner lining of the colon, also called the large intestine, becomes irritated or inflamed. Tiny sores or ulcers form and can cause bleeding. This often starts in the lower part of the colon and can spread.

Signs

You may have some or all of these signs:

- Stomach pain
- Diarrhea
- Bleeding in stool or from the rectum
- Fatigue
- Loss of appetite
- Weight loss
- Loss of body fluids, also called dehydration

Signs may be mild or more severe.

Your Care

Your doctor will check you and order tests. These tests may include:

- A stool sample to test for blood.
- Blood tests.
- A barium enema to see an x-ray picture of the colon.
- A test to look at the inside of the rectum and colon, called a colostomy. Sometimes a tissue sample, called a biopsy, is taken to be checked in the lab.

溃疡性结肠炎是一种肠道疾病。病因未知。结肠（也称为大肠）的内膜会受到刺激或发炎。形成微小的疮或溃疡，可引起出血。通常从结肠下部开始，可能会扩散。

症状

您可能会有以下几种或全部症状：

- 胃痛
- 腹泻
- 大便或直肠出血
- 疲劳
- 食欲不振
- 减肥
- 体液损失，也称为脱水

症状可能轻重不一。

医疗护理

医生将查看您的症状并安排检查。这些检查可能包括：

- 用于血液检测的粪便样本。
- 验血。
- 进行钡剂灌肠，查看结肠的X光片。
- 一种检查直肠和结肠内部的检查，称为结肠造口术。有时会采集组织样本在实验室进行检查，又称活检。

Your treatment may include:

- Diet changes to help control signs.
 - Avoid foods that make your signs worse. These may include fatty or fried foods, and high fiber foods such as beans, nuts, seeds or bran.
 - Eat small amounts of food every few hours rather than 2 or 3 large meals each day.
 - Drink water all through the day.
- Managing stress, which can make signs worse.
- Medicines to control colon inflammation.
- Surgery.

Talk to your doctor or nurse if you have any questions or concerns.

治疗方法可能包括:

- 改变饮食有助于控制症状。
 - 避免食用使症状恶化的食物。可能包括脂肪或油炸食品，以及高纤维食品，如豆类、坚果、种子或麸皮。
 - 每隔几个小时进食少量食物，而不是每天2或3次大餐。
 - 白天经常喝水。
- 管理压力，压力会导致症状恶化。
- 服用控制结肠炎症的药物。
- 手术。

如果您有任何疑问或疑虑，请咨询您的医生或护士。