

潰瘍性結腸炎

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.

潰瘍性結腸炎是一種腸道疾病。病因尚不清楚。結腸（也稱為大腸）的內壁發生不適或發炎，形成小處潰瘍，並可引起出血。這經常從結腸底部開始並可散佈。

症狀

您可能有以下一些或所有的症狀：

- 胃痛
- 腹瀉
- 大便帶血或直腸出血
- 疲乏
- 食欲不振
- 體重減輕
- 體液流失，也稱脫水

症狀輕重不一。

醫療護理

醫生將對您進行身體檢查以及一些測試檢查。這些檢查可能包括：

- 大便取樣，用於檢查是否帶血。
- 驗血。
- 鋇灌腸劑，以進行結腸 x 光照片檢查。
- 查看直腸和結腸內部的檢查，稱為結腸造口術。有時要進行組織取樣，稱為切片檢查，用於化驗檢查。

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.

您的治療可能包括：

- 改變飲食習慣，幫助控制體徵。
 - 避免食用會使症狀惡化的食物。這些食物可能包括脂肪或油炸食品，以及高纖維食物，如豆類、堅果、種子或麥麩。
 - 每隔幾個小時吃少量食物，而不是每天吃兩三頓大餐。
 - 全天飲用水。
- 壓力管理，壓力過大會使症狀惡化。
- 控制結腸炎的藥物。
- 手術。

若您有任何疑問或擔憂，請諮詢您的醫生或護士。