

Table 3**Treatment to induce remission for mild-moderate ulcerative colitis^{3,6}**

	Step 1 treatment	Step 2 treatment	Step 3 treatment
Mild-moderate proctitis or proctosigmoiditis	Topical 5-ASA* (enema or suppository)	Oral 5-ASA	Oral† or topical corticosteroid ⁺
Mild-moderate extensive disease	High-dose oral 5-ASA and topical 5-ASA	High-dose oral 5-ASA and oral corticosteroid ⁺⁺	● Anti-TNF therapy (infliximab, adalimumab, golimumab) ● Vedolizumab ● Tofacitinib

*5-aminosalicylate

+topical steroids are less effective than topical aminosalicylates but may be considered if patients have had a previous adverse reaction to aminosalicylates or do not respond

†the starting dose for oral systemic corticosteroids is usually 40 mg daily, reduced at weekly intervals by 5 mg/day

++the course of oral steroids should be time limited. Prolonged oral corticosteroid therapy is harmful and should be minimised and corticosteroids should never be used for maintenance. Bone protection (calcium carbonate and vitamin D) should be prescribed with oral corticosteroids¹