Table 3

Treatment to induce remission for mild/moderate ulcerative colitis[2]

	Step 1 treatment	Step 2 treatment	Step 3 treatment
Mild/moderate – distal disease (proctitis or proctosigmoiditis)	● Topical aminosalicylates as suppositories or enemas are more effective than topical steroids ● These may be used in combination with oral aminosalicylates ● Topical steroids are used in patients intolerant of aminosalicylates	● Oral corticosteroids	See below for left-sided disease
Mild/moderate – left-sided or extensive disease	● Oral aminosalicylate (high dose) either alone or in combination with topical aminosalicylate ● (Consider oral prednisolone if symptoms seem more severe but not enough to warrant admission)	● Oral beclomethasone (added to aminosalicylates) ● Oral prednisolone	● Anti-TNF-α therapy (infliximab, adalimumab, golimumab) ● Vedolizumab ● Tacrolimus