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Types of Colitis
The types of Colitis are based on how much of your large bowel is affected. This can affect the symptoms you experience and the treatment you're offered. You may not know which type of Colitis you have when you are diagnosed. This may depend on:

- A colonoscopy, which looks at the whole colon, or
- A sigmoidoscopy, which looks at part of the colon.

See the section on **tests and treatments**.

The main types of Ulcerative Colitis are:

- Proctitis
- Proctosigmoiditis
- Left-sided Colitis, also called distal Colitis
- Total Colitis, also called pancolitis or extensive Colitis

Proctitis
In proctitis, only the rectum, or the lowest part of the large bowel, is inflamed. The rest of the colon is unaffected and can still function normally.

Common symptoms may include:

- Blood or mucus in your poo, or passing blood or mucus without poo
- Diarrhoea or constipation
- An urgent need to use the toilet
- A feeling like you need to go to the toilet

Types of Crohn's
The location of the inflammation in your gut can affect the symptoms you have and the treatment you're offered. You may have just one type or a combination of types.

Upper gastrointestinal
This is Crohn's in the upper part of the gut, including the oesophagus, the stomach, or the first part of the small bowel known as the duodenum.

Typical symptoms include:

- Heartburn
- Indigestion-like pain
- Feeling sick, called nausea
- Being sick or vomiting

Small bowel
Crohn's that affects the small bowel is known as ileitis or jejunoileitis. This is because it's inflammation of the ileum or jejunum, depending on the part of the small bowel affected.

Typical symptoms include:

- Pain in the tummy area, also called abdominal pain
- Extreme tiredness, or fatigue
- Bloating
- Tummy cramps when pooing

People with this type of Crohn's may be more likely to have nutrient deficiencies. You may also be more likely to have strictures if Crohn's affects this part of the gut. Find out more in the section **complications in the gut**.

End of the small bowel
Crohn's in the last part of the small bowel, known as the ileum, is called ileal or 'terminal ileal' Crohn's. This is because it is in the end of the ileum, and terminal means end. Terminal and terminal means end. This may sound worrying but in this context, it does not mean end of life.

Ileal Crohn's is one of the most common forms of Crohn's Disease. If it also affects the beginning of the large bowel it is known as ileocaecal Crohn's.

Typical symptoms include:

- Extreme tiredness, or fatigue
- Pain in the tummy area, also called abdominal pain
- Tummy cramps when pooing
- Diarrhoea

Colon
Crohn's Disease where only the large bowel is inflamed is known as Crohn's Colitis. This is because 'colitis' means inflammation of the large bowel. It does not mean you have both Crohn's Disease and Ulcerative Colitis.

Typical symptoms include:

- Extreme tiredness, or fatigue
- Diarrhoea, which may include blood or mucus.
- Need to reach a toilet quickly to poo. This is known as urgency.
- Pain in the tummy area, also called abdominal pain.

The Gut
The gut is the part of your body that takes food and nutrients in and carries poo out. The gut starts at your mouth, and ends at your bottom, or anus, where poo passes out of your body. Crohn's can be found anywhere in the gut.

ABOUT CROHN'S DISEASE





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