Truelove and Witts Criteria

Severity of an ulcerative colitis flare · the cut-offs that define a severe flare

1	**Bloody stools**	≥ 6 per day
2	**Temperature**	> 37.8 °C
3	**Heart rate**	> 90 bpm
4	**Hemoglobin**	< 10.5 g/dL
5	**ESR**	> 30 mm/h

Severe flare	Systemic signs	No response
Admission and intravenous corticosteroids	Fever, tachycardia, anemia or high ESR, not the stool count alone	Rescue therapy or surgery if no response in 3-5 days

Watch for toxic megacolon: antidiarrheals are contraindicated and an abdominal X-ray is needed