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Selected Summary of Therapies in Inflammatory Bowel Disease

Medication Options		Use		How is it Taken?	Potential Side Events
Scientific Name	Common Name	CD	UC		
<p>Aminosalicylates (5-ASAs): These are mainly used to treat ulcerative colitis and Crohn's colitis. Effective in mild disease by limiting digestive (gastrointestinal) tract inflammation. These can be pills, liquids, or suppositories (inserted through rectum).</p>					
Sulfasalazine	Azulfidine	-/✓	✓	Pill	Well tolerated. Rare risks of rash, worsening diarrhea, and kidney problems. Labs needed annually
Mesalamine (oral)	Apriso, Pentasa, Lialda, Delzicol	-/✓	✓	Pill	
Mesalamine (rectal)	Canasa, Rowasa	-/✓	✓	Enema or Suppository	Very well tolerated.
<p>Immunomodulators: Often used as a long-term treatment for those with IBD as they work to calm your immune system over an extended period of time. It may take 3-6 months (or longer) before their impact is seen. These medications are often taken in combination with biologic therapy to increase efficacy. These can be injected or taken in pill form depending on the medication.</p>					
6-mercaptopurine	Purinethol	✓	✓	Pill	Nausea, vomiting, canker sores, increased LFTs. Rare increase risk in low blood counts at the beginning of taking medication that increases risk of infections. Very rare risk of lymphoma and skin cancer. Need regular blood monitoring
Azathioprine	Imuran	✓	✓	Pill	
Methotrexate		✓		Pill or injection	Flu like symptoms (nausea, vomiting, headache, fatigue, and diarrhea), low WBC. Rare risk of liver injury. Need regular blood monitoring
<p>Corticosteroids: These work by lowering the activity of your immune system and limiting inflammation in the digestive tract. They are used for Short-term treatments of Crohn's disease and ulcerative colitis as they reduce inflammation quickly, sometimes within a few days to a few months. Corticosteroids are not a long-term solution due to the high potential of side effects. Often cannot be discontinued abruptly.</p>					
Prednisone		✓	✓	Pill	Elevated blood sugar, hypertension, cataracts, weight gain, stretch marks, acne, moon face, increased facial hair, insomnia, mood swings, psychosis and other psychiatric symptoms, osteoporosis. Increase risk of infections and bone fractures.
Budesonide	Uceris		✓	Pill	
Budesonide	Entocort	✓		Pill	
Methyprednisolone		✓	✓	IV form	

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<p>TNF Inhibitors: Biologics known as anti-tumor necrosis factor (anti-TNF) agents bind and block a small protein called tumor necrosis factor alpha (TNF-alpha) that promotes inflammation in the intestine. All anti-TNF medications reduce the symptoms of IBD and heal inflamed intestines. It may take up to 6-12 weeks after starting an anti-TNF to notice an improvement in symptoms, though many experience more immediate improvement.</p>					
Infliximab	Remicade	✓	✓	IV Infusion	Generally well tolerated. Rare injection-site or infusion-related reactions. Rare increase in common infections. Need blood monitoring.
Adalimumab	Humira	✓	✓	Bi-weekly Injection	
Certolizumab pegol	Cimzia	✓		Monthly Injection	
Golimumab	Simponi		✓	Monthly Injection	
Infliximab	Remicade	✓	✓	IV Infusion	
<p>Integrin Inhibitors: These biologics prevent the cells that cause inflammation from moving out of blood vessels and into tissues by blocking a protein on the surface of those cells.</p>					
Vedolizumab	Entyvio	✓	✓	IV Infusion (30) min	Rare increase in headache, arthralgia, nausea, fever, upper respiratory tract infections.
<p>IL-12/23 Inhibitor: Many different naturally occurring proteins in the body that contribute to inflammation. Patients with Crohn's disease are found to have elevated levels of two of these proteins, IL-12 and IL-23. STELARA targets IL-12 and IL-23, which are thought to be associated with gastrointestinal inflammation in Crohn's disease.</p>					
Ustekinumab	Stelara	✓		IV Infusion	Rare increase in injection-site reactions, infections, nasopharyngitis, sinusitis, bronchitis, pruritis
<p>JAK Inhibitors: Small molecules that block cytokine signaling in a non-specific fashion and prevent inflammation and ulcer formation.</p>					
Xeljazz	Tofacitinib		✓	Oral	Increase Risk of viral infections including shingles, increase risk of embolic events, increases cholesterol, potential increased lymphoma.
<p>Treatments Through Clinical Trials: Patients with complex disease and treatment refractory disease might elect to participate in clinical trials after discussing it with their gastroenterologist.</p>					

Foot Notes: CD=Crohn's disease, UC= ulcerative colitis. The list and the potential side-effects are not complete. Some treatments will be tailored based on specific health care insurance coverage. This list serves as a brief guide and discussion with your gastroenterologist is important before selective specific therapy. More information can be found at: <http://www.crohnscolitisfoundation.org/>.