

ECCO Guidelines on Therapeutics in Ulcerative Colitis: Medical Treatment

Javier P. Gisbert

Standards and Guidelines

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This updated ECCO guideline provides evidence-based recommendations for medical management of ulcerative colitis in adults using the GRADE methodology and expert consensus where evidence is limited.

KEY POINTS

- The guideline represents an update to the 2022 ECCO guidelines on UC medical management, with a companion paper addressing surgical treatment
- New clinically relevant questions have been introduced alongside systematic review and reappraisal of previous topics incorporating new evidence and contemporary practice
- Therapeutic approaches are stratified by disease severity (mildly-to-moderately active and moderately-to-severely active disease) and disease extent (proctitis, left-sided UC, or extensive UC)
- Practice points provide expert recommendations in areas where evidence remains limited but clinical decisions are required, using systematic literature review and expert consensus outside formal GRADE process
- The guideline emphasizes that disease severity definitions capture a point in time and may not reflect cumulative long-term disease burden, and that disease distribution can change with proximal extension being a negative prognostic marker

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