

Result Details

Question
07

ANY TIPS you think might help other people with UC regarding alcohol?

Answers
408
43%

Skips
532
57%

160,148,487	Drinking alcohol (specifically beer) actually makes me feel better.	Friday, Aug 19th 5:40PM
160,139,237	Not sure only had UC for 5 months	Friday, Aug 19th 1:39PM
160,139,236	Not sure only had UC for 5 months	Friday, Aug 19th 1:39PM
160,130,310	Moderation is the best method. To much will put me down for days.	Friday, Aug 19th 11:34AM
160,118,257	Finlandia vodka with soda water and fresh lime is the bomb.	Friday, Aug 19th 7:27AM
160,101,244	Everything on moderation	Thursday, Aug 18th 8:30PM
160,097,144	try skipping a day or two without alcohol, works for me	Thursday, Aug 18th 8:03AM
160,095,324	If I drink any alcohol made with yeast I get sick .. spending a lot of time at home on the toilet . It will last 2 or 3 days. I don't touch it anymore	Thursday, Aug 18th 4:54PM
160,080,037	n/a	Thursday, Aug 18th 11:33AM
160,070,821	Not really, I don't find alcohol a problem. I believe different things can affect people with colitis differently (I knew someone with UC who could not drink orange juice because it really aggravated his UC whereas I could drink it without any affects at all).	Thursday, Aug 18th 8:33AM
160,063,264	I discovered that Corrona was the only beer that did not aggravate my UC symptoms. I then did some research and found that Corrona is actually a gluten free beer and now the only beer I will drink.	Thursday, Aug 18th 5:59AM
160,063,028	I find wine in moderation is fine, but hard liquor has consequences - usually an upset stomach.	Thursday, Aug 18th 5:51AM
160,062,270	apple juice is tolerable with some liquier	Thursday, Aug 18th 5:30AM
160,058,584	To be honest, the specialist who is treating me is very careful, and I'm pretty sure he would have told me to lay off. However, now that you have raised the subject, I will be sure to ask him to confirm. Many thanks.	Thursday, Aug 18th 3:52AM
160,058,112	If I want to have a drink but I'm not 100% well, I'll take a quarter cup of Georges always active aloe Vera juice before and after. Seems to help.	Thursday, Aug 18th 3:34AM
160,056,774	I truly won't know	Thursday, Aug 18th 2:47AM
160,046,608	I seem to do better with dry white wine or wines with a lower sugar content. Red wine causes problems for me the next day. If I do drink red, the reds such as Merlot don't seem to affect me as much as some other reds.	Wednesday, Aug 17th 8:20PM

160,044,776	Gluten free beers or vodka seem to be most tolerated. Wine is good if you like it, which I do not.	Wednesday, Aug 17th 7:38PM
160,040,511	If you like beer, the brand near beer taste like beer but no alcohol added.	Wednesday, Aug 17th 5:10PM
160,038,390	When I was first diagnosed with UC the gastroenterologist asked me if I drank a lot of coffee, soda, or alcohol.	Wednesday, Aug 17th 4:02PM
160,037,189	Moderationn	Wednesday, Aug 17th 3:35PM
160,027,964	Drink in moderation. Also you will need to find out what type of alcohol has an effect on you. Mixing drinks can be a bad idea.	Wednesday, Aug 17th 11:50AM
160,027,907	From doing a good amount of research, Tito's seems like a good choice. Understanding alcohol is a troublemaker for proper digestion, I've also read a lot about how we shouldn't drink at the same time as consuming large amounts of food. Better to keep them separate, I only drink water with meals.	Wednesday, Aug 17th 11:48AM
160,023,455	I find sometimes it reduces my appetite and then I don't seem to eat enough for my main meal, that's when I think it affects me.	Wednesday, Aug 17th 10:42AM
160,013,373	I think beer effects me more then a mixed drink	Wednesday, Aug 17th 7:54AM
160,009,850	Beer sets me off, jack and cokes doesn't do anything	Wednesday, Aug 17th 6:41AM
160,009,661	Test a small glass	Wednesday, Aug 17th 6:34AM
160,004,984	Only drink alcohol when you are symptom free and only one or two drinks very seldom.	Wednesday, Aug 17th 4:41AM
160,003,559	I find that Coors light is easy to drink with least side effects Ice water with beer and ice in sangria or dark wine cab sac burgundy or merlot	Wednesday, Aug 17th 3:46AM
160,001,064	Just listen to your doctor!!!!It definitely helped me.He told me that coffee and alcohol is bad for UC.I believe this helped me and I am in remission since then.	Wednesday, Aug 17th 2:45AM
159,998,223	Tequila seems to be the only one that doesn't give me joint pain	Wednesday, Aug 17th 1:03AM
159,994,805	Don't drink when on Mediation.	Tuesday, Aug 16th 11:02PM
159,994,456	Say no to alcohol	Tuesday, Aug 16th 10:49PM
159,994,056	When I drink, I prefer Not Your Father's Gingerale.	Tuesday, Aug 16th 10:33PM
159,992,974	Small amounts with days in between seems fine.	Tuesday, Aug 16th 10:13PM
159,989,617	Do not over indulge and eat well and stay hydrated. I have been on entyvio for over a year and I am doing very well. Try to be mindful of your eating habits.	Tuesday, Aug 16th 8:22PM
159,988,983	Listen to your body and know your limits. Everyone is different.	Tuesday, Aug 16th 8:37PM
159,988,267	Dry white wine seems to be lesser of all evils!	Tuesday, Aug 16th 8:29PM
159,987,381	The stronger has more affect on your gut	Tuesday, Aug 16th 8:13PM

159,986,433	Don't drink, Its taxing on the body at the best of times and you're better off leading a clean lifestyle.	Tuesday, Aug 16th 7:52PM
159,986,212	Be aware of how your body reacts when you drink whatever kind of alcoholic beverage you have. And if it consistently happens then you'll probably know there may be a correlation between UCI and alcohol.	Tuesday, Aug 16th 7:45PM
159,983,315	I would recommend an occasional glass of red wine only. Nothing stronger.	Tuesday, Aug 16th 7:12PM
159,981,505	Gluten free and straight spirits	Tuesday, Aug 16th 6:48PM
159,981,448	I think it's all about your meds rather than UC itself. Since the condition treats everyone different, that may not be the case for everyone.	Tuesday, Aug 16th 6:46PM
159,980,937	Give it up. Hard I know but your health is a priority. You CAN have fun without alcohol honest!	Tuesday, Aug 16th 6:37PM
159,979,801	If your body can tolerate it it may help you relax....	Tuesday, Aug 16th 6:19PM
159,975,991	No drinking = No problems.	Tuesday, Aug 16th 4:56PM
159,975,404	There's no way of knowing if alcohol will bother you unless you try it. If it bothers your UC, then don't drink. Duh.	Tuesday, Aug 16th 4:39PM
159,975,208	No	Tuesday, Aug 16th 4:43PM
159,974,478	When I go out I drink water only	Tuesday, Aug 16th 4:33PM
159,973,287	listen to your body	Tuesday, Aug 16th 4:12PM
159,969,309	Avoid red wine. I sometimes have a feeling G&T is better than many other drinks regarding UC.	Tuesday, Aug 16th 3:04PM
159,968,655	Moderation. Going overboard can lead to a flare.	Tuesday, Aug 16th 2:55PM
159,964,883	EVERYTHING SHOULD BE KEPT IN MODERATION!!!	Tuesday, Aug 16th 1:59PM
159,963,221	I think it could be the angsiaty depression caused by over consumption	Tuesday, Aug 16th 1:31PM
159,961,742	Alcohol is just another trigger food. If you are in balance with your UC, the trigger foods and/or alcohol won't bother you. But if you are in a flare, or off balance emotionally, or whatever, then (in my experience) the alcohol will kick you into that second gear of terrible symptoms. Keep everything else in check, and then you can enjoy some alcohol responsibly!	Tuesday, Aug 16th 1:09PM
159,961,368	don't drink when you are bleeding or taking steroids. drink not more than 2 units.	Tuesday, Aug 16th 1:01PM
159,961,129	Beer seems better on my gut.	Tuesday, Aug 16th 1:06PM
159,959,997	I have tried differnt types of beer and only choose beers now that have less next day effects	Tuesday, Aug 16th 12:42PM
159,958,010	Do NOT drink alcohol, especially not hard liquors.	Tuesday, Aug 16th 12:27PM
159,955,488	Don't drink alcohol	Tuesday, Aug 16th 12:05PM
159,953,006	As always, UC is such a personal disease that you just have to figure out what works for you and what doesn't. I'm rather fond of the Barefoot brand Pinot Grigio, using it in recipes and enjoying it while cooking and eating. I tolerate it well. I'm	Tuesday, Aug 16th

159,953,000	kind of the barefoot brand Pinot Grigio, using it in recipes and enjoying it while cooking and eating. I tolerate it well. I'm also up front about my alcohol usage with my gastroenterologist.	11:06AM
159,952,912	Wine never seems to bother me. Obviously this is when I'm not in a flare.	Tuesday, Aug 16th 11:17AM
159,951,962	my specialist says german wheat beers may be better than other beers.	Tuesday, Aug 16th 10:59AM
159,949,527	My doctor said it would make it worse so I don't drink any at all.	Tuesday, Aug 16th 10:21AM
159,948,534	Never drink in a flare. Limited at other times.	Tuesday, Aug 16th 10:01AM
159,947,454	No	Tuesday, Aug 16th 9:42AM
159,946,588	No drinks with gluten	Tuesday, Aug 16th 9:23AM
159,943,551	Go easy!	Tuesday, Aug 16th 8:33AM
159,942,633	Moderation is key	Tuesday, Aug 16th 8:17AM
159,942,562	Recommended for brand alcohol and single malt alcohol like red level black level etc	Tuesday, Aug 16th 7:54AM
159,942,190	I have not seen a difference with my UC while drinking beer or mixed drinks. With that being said, I am on Remicade infusions every 10 weeks. As of now, (knock on wood) I have no symptoms. I also take Sulfasalazine (only 1x a day, not the 3x's a day as they prescribe) which also seems to help.	Tuesday, Aug 16th 8:04AM
159,942,084	I sip slowly. Tried sweet wine and did not have any negative effects.	Tuesday, Aug 16th 8:05AM
159,941,883	I stick with white wine as red does not agree with me. Cannot drink beer or hard liquor or any carbonated drinks as they cause pain and bloating. Have tested this several times with the same result every time!	Tuesday, Aug 16th 8:02AM
159,940,833	Used to drink every day now just don't feel like a drink belly doesn't feel right	Tuesday, Aug 16th 7:43AM
159,940,664	As it happened to me it might not have happened to others because we are different. What I know is that alcohol negatively impacts my UC. I was not a regular drinker so I experienced what I have mentioned after drinking alcohol.	Tuesday, Aug 16th 7:21AM
159,939,476	Drink little or no alcohol because it's bad for you	Tuesday, Aug 16th 7:14AM
159,938,301	Spirit drinks mixed with soda! Avoid coke or sugary mixers.	Tuesday, Aug 16th 6:42AM
159,936,970	Vodka and cranberry with a splash of orange juice	Tuesday, Aug 16th 6:20AM
159,936,754	Alcohol affects even the most healthy stomachs but also makes you eat bad stuff! So try and soak it up with something not greasy!	Tuesday, Aug 16th 6:21AM
159,936,689	Stay away from it	Tuesday, Aug 16th 6:19AM
159,934,765	Stay away from drinking spirits and red wine.	Tuesday, Aug 16th 5:31AM
159,934,752	I think like most things moderation is key. If I get drunk then I know it will cause me problems. For this reason I just don't drink any more and if I do it is one very small glass of wine. I also don't think the sugar in alcoholic drinks helps either.	Tuesday, Aug 16th 5:31AM

159,934,742	Cant advise as I do not notice symptoms getting any worse or any better.	Tuesday, Aug 16th 5:31AM
159,934,413	Drinking dark beers seems to upset my uc. Lagers ok, lagers like peroni, kronenbourg are fine.the cheaper brews carlsberg, carling fosters no good for your stomach.	Tuesday, Aug 16th 5:19AM
159,933,421	Abstain	Tuesday, Aug 16th 4:58AM
159,931,093	I carry a small bottle of brandy in bag as if my stomach is not good this helps settles it a little bit, especially if travelling home to and from work or going out and it holds me, until I get home, so I don't have to use the public toilets.	Tuesday, Aug 16th 3:52AM
159,930,983	Just keep it to a minimum and you should be fine.	Tuesday, Aug 16th 3:52AM
159,930,692	As I said previously, as alcohol is a relaxant sometimes I think it actually quells discomfort associated with UC. I'm not talking during a full blown flare, I'm referring to the day to day niggles.	Tuesday, Aug 16th 3:37AM
159,930,504	keep well away.	Tuesday, Aug 16th 3:36AM
159,930,348	I was drinking a lot of different drinks before first I'll and diagnosed, crabbies ginger bear with some vodka in was my fave. I don't think mixing alcohols is a good idea ?	Tuesday, Aug 16th 3:26AM
159,930,230	It's so difficult, but try not to drink if you can. I've really cut mine back over the last 3 years now.	Tuesday, Aug 16th 3:23AM
159,929,914	Drink in moderation.	Tuesday, Aug 16th 3:20AM
159,928,502	I think gin or Vodka are best as less irritant and fodmap friendly as well	Tuesday, Aug 16th 2:34AM
159,928,439	Well, because I drink daily I suppose my system is used to it. Perhaps if one didn't drink regularly, any ingestion would quite possibly cause problems.	Tuesday, Aug 16th 2:34AM
159,927,816	Vodka lime and soda (real lime)	Tuesday, Aug 16th 2:13AM
159,927,630	1. Avoid alcohol. Period!	Tuesday, Aug 16th 2:06AM
159,927,327	Find alternatives.	Tuesday, Aug 16th 1:54AM
159,926,818	I prefer beer and wine, sometimes hard alcohol. But i avoid carbonated driks in any combination. Like with food, it's best to try what is not bad for you.	Tuesday, Aug 16th 1:18AM
159,926,640	Drink a glass of water between each drink	Tuesday, Aug 16th 1:25AM
159,926,179	I think wine and sparkling ie chamagne are worse for me then mixed drinks like vodka and lemonade for some reason.	Tuesday, Aug 16th 1:06AM
159,926,055	What helps me with my wine is I take 2 Tylenols before I start drinking so the after affect won't be as bad.	Tuesday, Aug 16th 12:58AM
159,926,053	Don't drink at all, however, I've stopped drinking for just over a month and symptoms haven't gotten any better.	Tuesday, Aug 16th 12:58AM
159,925,731	Stay away from it during a flare or when your recovering from one :) I have restriktions regarding alcohol from my doctor because of my PSC (4% av UCers have this) so maybe you should be careful if your liver blood tests aren't the best.	Tuesday, Aug 16th 12:41AM

	I want to be like "everyone else", I think lots of us do, and to sometimes forget that we are sick and we need to. So feel free and live your life the way you want it, maybe just a little more respectful to your body :)	
159,925,424	Dry red and quality.. Quality cider seems OK for me	Tuesday, Aug 16th 12:29AM
159,925,418	Probably should avoid but vodka seems less impact. Cider may be alternative to beer	Tuesday, Aug 16th 12:26AM
159,925,163	Moderation!	Tuesday, Aug 16th 12:15AM
159,923,740	Citrus sets off my colon, so if you have this problem, too, avoid the citrus drinks.	Monday, Aug 15th 11:14PM
159,923,563	I still think it best not to drink any alcohol. But since I am in the wine industry, I need to taste wines. Within the last few months since I have been in full remission for a year, I consume a couple glasses a week....really monitor my alcohol content.	Monday, Aug 15th 11:12PM
159,922,912	My suggestion is that do not consume alcohol if you have ulcerative colities.	Monday, Aug 15th 10:56PM
159,922,826	Certain combinations with food are bad	Monday, Aug 15th 10:53PM
159,922,126	Moderation	Monday, Aug 15th 10:24PM
159,921,935	check and see which alcoholic drink suits you	Monday, Aug 15th 10:17PM
159,921,808	Stop drinking	Monday, Aug 15th 10:06PM
159,921,647	Well, when I was trying to drink with UC I noticed all beer unless made from rice triggered my symptoms. Wine was too sweet. Most alcohol is made from grain so a true potato vodka was the only alcohol that was ok yet didn't feel great. So, eventually I let the whole thing go and simply chose to drink mostly water, decaf coffee on occasion and more water!!! I've gone back and looked at pictures and I don't look well years before I was diagnosed. I drank, smoked and in the pictures I look puffy. It's as if my body appears as if it has an allergy. My diet is a hybrid version of Paleo and SCD and it took years for me to listen and honor what my body was saying. In remission I can enjoy foods that I couldn't when I was flaring however I don't put stimulants, wheat/gluten, and alcohol into my body any more. I feel great and have solid regular BM's daily for 3 years. It's a miracle how much healing has transpired. Blessings to each and every one of you I know how terrifying it can be and it is also a blessing. I live a simple, low stress life and my UC is one of my greatest teachers in self awareness. Listen to your body! Keep on keepin on.	Monday, Aug 15th 9:49PM
159,921,232	No	Monday, Aug 15th 9:43PM
159,921,177	If it helps do, if it doesn't help don't do.	Monday, Aug 15th 9:50PM
159,920,431	I definitely won't drink during a flare up, I'll have drinks and see how it affect me. I like this root beer beer but my stomach seems to turn when I drink it so I stay away from it. Too much sugar is bad for me that probably why certain drinks affect me more than others.	Monday, Aug 15th 9:15PM
159,920,422		Monday, Aug 15th 9:24PM
159,920,369	Don't drink during a flare. If you have to have a beer, drink a good gluten free beer or a glass of wine, don't over do it or you may end up shitting your pants, if in a flare.	Monday, Aug 15th 9:12PM
159,920,258	Too much alcohol is not good keep to a min Nothing with a high percentage of alcohol is best,	Monday, Aug 15th 9:14PM
159,919,911	No	Monday, Aug 15th 9:01PM
159,919,791	Take a break if you're feeling unwell	Monday, Aug 15th 9:03PM

159,919,771	No alcohols made of grains.	Monday, Aug 15th 9:01PM
159,919,770	If you have a medical diagnosis like uc why chance making your situation possibly worse by drinking alcohol. Like i said before i do not know if it will affect it or not since i do not drink but why take that chance.	Monday, Aug 15th 8:57PM
159,919,484	Vodka with squeeze of lemon and water	Monday, Aug 15th 8:54PM
159,919,355	When I am flaring I cannot even think about drinking alcohol. When I feel good a couple drinks on the weekend doesn't seem to bother me..	Monday, Aug 15th 8:49PM
159,918,522	Since I am limiting sugar, I have switched to a dry red wine and add sparkling water to it so it doesn't taste as strong.	Monday, Aug 15th 8:25PM
159,918,015	Dry wine	Monday, Aug 15th 8:12PM
159,917,783	have never noticed it make a diff	Monday, Aug 15th 8:03PM
159,917,260	Do not drink alcohol at all if you can OR. No more then 1 glass of wine a day maximum	Monday, Aug 15th 7:37PM
159,917,172	Pay attention to how your body reacts to alcohol and try to to stick with mix drinks without sugar. If necessary eliminate alcohol all together. If in remission I believe alcohol increases the risk of bleeding bowl movements	Monday, Aug 15th 7:27PM
159,916,968	Like I said before IF my meds are working I can eat and drink whatever I want. IF I am starting to see symptoms I know I must not drink and watch diet.	Monday, Aug 15th 7:31PM
159,916,787	You have to (non negotiable) abstain from alcohol for several months to allow for some healing As part of your SCD introduction. I believe UC is linked to leaky gut and leaky gut cannot heal with alcohol consumption. I went dry for 9 months when I switched to SCD and now enjoy 2-3 std drinks p/w with no negative affects. I have been symptom free of UC now for 18 months??	Monday, Aug 15th 6:32PM
159,916,371	I am a Corona w/a lime	Monday, Aug 15th 7:06PM
159,916,229	Avoid tannins, sugar and yeast. Thats wine and mixed drinks	Monday, Aug 15th 7:08PM
159,915,969	Vodka has the least effect, so I often ha e vodka with club soda with a splash of a juice	Monday, Aug 15th 7:04PM
159,915,805	My best tip is restrict it and I personally feel beer does less than wine, but it might just be me.	Monday, Aug 15th 6:56PM
159,915,738	I think giving up wine and beer has made a difference..	Monday, Aug 15th 6:52PM
159,915,460	Moderate	Monday, Aug 15th 6:46PM
159,915,034	Hard liquor such as gin or bourbon more hurtful.	Monday, Aug 15th 6:29PM
159,914,753	I watch hydration and if my symptoms are rocky I don't drink. It's such a rare thing for me. I enjoy the one I allow myself and make a toast to good health.	Monday, Aug 15th 6:24PM
159,914,600	Depending how you feel. Moderation is best. During a flare, I avoid alcohol .	Monday, Aug 15th 6:20PM
159,914,481	Never touch alcohol during flares. Gentle/ nutritious diet . Take medication properly under your doctor supervision and most importantly let yourself to understand your body condition and share it with your Doctor. I do believe medication is very important to help me to reach the remission stage. In all, daily life food/sleep/plenty of water & with supporting meds is the main point . I have taken years ~ to understand which medication is the best combination. Don't forget , meds are various . Have to	Monday, Aug 15th 5:59PM

	take time to analyze which meds is No or Yes. Steroids is definitely a NO for me .	
159,914,208	Don't drink on an empty stomach.	Monday, Aug 15th 6:09PM
159,913,804	I certainly would stay away from any excessive use - of anything, actually. I find excesses in any way do often result in problems.	Monday, Aug 15th 5:55PM
159,913,691	Whatever you can tolerate. I really like lite beer now and bloody marys. Usually only have 1 at a time/day.	Monday, Aug 15th 5:37PM
159,913,519	Shirley Temple. Daiquiri without the alcohol Cranberry and Seven up or Sprite	Monday, Aug 15th 5:49PM
159,913,503	When I did drink occasionally I had some "bad" days since I stopped I have had no "bad" days.	Monday, Aug 15th 5:48PM
159,913,435	Drink less! White wine is less bothersome than red wines which have tannins and tend to be higher in alcohol.	Monday, Aug 15th 5:43PM
159,913,144	Moderation in everything for UC	Monday, Aug 15th 5:35PM
159,912,927	A LONG time ago my GI said if I had to drink stick to vodka lime and soda - I'm guessing less additives than other alcoholic beverages	Monday, Aug 15th 5:29PM
159,912,883	Don't have more than 2	Monday, Aug 15th 5:27PM
159,912,790	Dont abuse it. I do worry but i dont because i dont drink on a weekly basis.	Monday, Aug 15th 5:28PM
159,912,758	Everybody is different so try it home first where the clean bathrooms are! ?	Monday, Aug 15th 5:31PM
159,912,750	Good Wine with good antioxidants	Monday, Aug 15th 5:31PM
159,912,718	No	Monday, Aug 15th 5:29PM
159,912,674	I get a glass of white wine and add 7up to it and I find that helps with the acidity	Monday, Aug 15th 5:26PM
159,912,635	Maybe prepare yourself before a night out. When I still had my colon I never felt well enough to go out and have a bevy but if you can manage good for you! Keep an eye on the loo and maybe avoid the fizzy drinks.	Monday, Aug 15th 5:26PM
159,912,634	Maybe prepare yourself before a night out. When I still had my colon I never felt well enough to go out and have a bevy but if you can manage good for you! Keep an eye on the loo and maybe avoid the fizzy drinks.	Monday, Aug 15th 5:26PM
159,912,489	See above.	Monday, Aug 15th 5:24PM
159,912,405	Drink only. Wine	Monday, Aug 15th 5:25PM
159,912,361	When I'm not in a flare. A few drinks don't seem to bother me much. If you are in a flare or especially with bleeding. Stay away from alcohol.	Monday, Aug 15th 5:14PM
159,911,677	Know your limit and list to your body. If you feel your "stomach" hurting, then don't drink. But if you're feeling ok, go ahead and enjoy.	Monday, Aug 15th 5:11PM
159,911,497	You know your body best. Having UC can be debilitating and do a mind trick on you. Sometimes a glass of wine can chill	Monday, Aug 15th

	you out enough to deal.	4:58PM
159,911,461	I think staying away from spirits and cider helps for me. Beer seems okay.	Monday, Aug 15th 4:52PM
159,911,440	Limit your intake, a few social drinks doesn't seem to cause issues but I have had a few big nights in my time and have had some subsequent flares not long after.	Monday, Aug 15th 5:05PM
159,911,438	I was told if I needed to have a drink that red wine had less sugar and therefore less effect.	Monday, Aug 15th 5:05PM
159,910,913	clear ..vodka soda lime	Monday, Aug 15th 4:49PM
159,910,679	No recommendation.	Monday, Aug 15th 4:37PM
159,910,515	Do not drink sugary based alcoholic drinks. I drink quality dry white wine (Savvy B) or G&T and have had no adverse affects to my UC for years! Diet is key to controlling my UC.	Monday, Aug 15th 4:42PM
159,910,466	If you are a beer drinker , don't drink pale ales..most others are ok in moderation.	Monday, Aug 15th 4:36PM
159,910,431	When in doubt, go without. Sorry to be a buzz kill, but if it makes you feel like you're gonna die the next day, it's totally not worth it.	Monday, Aug 15th 4:36PM
159,910,297	like my doc says, try it, if it hurts dont do it again	Monday, Aug 15th 4:33PM
159,910,280	drink lots of water as well and stay away from bubbly drinks	Monday, Aug 15th 4:32PM
159,910,239	Clear liquor mostly. Try to avoid beer and dark liquor or very sugary novelty drinks.	Monday, Aug 15th 4:33PM
159,910,139	Dry wines and vodka or occasional bourbon no mixers.	Monday, Aug 15th 4:31PM
159,910,079	Small doses seems to be fine, as long as it's not in a flare.	Monday, Aug 15th 4:28PM
159,909,972	Vodka in moderation fine but definitely not any beer	Monday, Aug 15th 4:26PM
159,909,924	No	Monday, Aug 15th 4:24PM
159,909,829	Stay away from beer & wine. Minimize distilled spirits.	Monday, Aug 15th 4:21PM
159,909,626	One wine with dinner and I'm okay	Monday, Aug 15th 4:14PM
159,909,485	Listen to your symptoms, and weigh up the consequences!	Monday, Aug 15th 4:10PM
159,909,046	I prefer bottled beer over tap (superstitious maybe) doesn't effect me as bad. Good dark and craft beers generally set worse on my stomach. The more sugary drinks the worse it'll be. Vodka and tequila send to set pretty well.	Monday, Aug 15th 3:57PM
159,909,026	Vodka and soda definitely had the least impact I've found (and I've done a lot of drinking over the years!) If you want to have a big night go for it, but be prepared to suffer the next day. Once I had a very strong schnapps (55%?) and I could feel it burning my colitis, it actually started a mini-flare. ah!	Monday, Aug 15th 3:46PM
159,908,918	Don't ever mix drinks	Monday, Aug 15th 3:57PM
		Monday, Aug 15th

159,908,839	Each to their own, we all have different tolerances, I used to love trying different wines and now I hardly drink it	3:51PM
159,908,699	I had a really bad flare up last year after drinking two beers on Memorial Day. I have not had a flare since I stopped drinking beer. Wine seems to be all right in moderation.	Monday, Aug 15th 3:51PM
159,908,686	rice wine...sake...	Monday, Aug 15th 3:50PM
159,908,569	no	Monday, Aug 15th 3:45PM
159,908,548	Vodka is easier to tolerate	Monday, Aug 15th 2:54PM
159,908,456	I don't seem to have a reaction to champagne or sparkling wine	Monday, Aug 15th 3:35PM
159,908,391	For myself, the more bland the better. Enjoy a margarita but cannot tolerate them. White wine seems less upsetting to me than the red varietals.	Monday, Aug 15th 3:38PM
159,908,213	Ice cold lager beer half a glass	Monday, Aug 15th 3:37PM
159,907,842	I think it may effect everyone different I only drink a glass of wine maybe once every 2 weeks with a dinner.	Monday, Aug 15th 3:27PM
159,907,730	Moderation is mostly OK ie 3 glasses of wine or whisky but if the limit goes to x5 or x6 glasses Then you pay for that the next day by waiting for the blood to appear because you can FEEL its not right.	Monday, Aug 15th 3:11PM
159,907,594	I have tried many diet adjustments to control my UC. The strongest correlation I have been able to find is with alcohol. If I do drink it is once or twice a year and I will have about half a drink. That is as much as I can handle	Monday, Aug 15th 3:19PM
159,907,466	Avoid fizzy sugary drinks	Monday, Aug 15th 3:13PM
159,907,357	Experiment. I can drink white wine but not red. Cannot drink beer but can do occasional mixed drink. What works for one person does not always work for the next person.	Monday, Aug 15th 3:12PM
159,907,192	Vodka n club soda	Monday, Aug 15th 3:10PM
159,907,054	For me, it seems like red wine is the worst.	Monday, Aug 15th 3:08PM
159,906,943	Crabbies ginger beer (alcoholic) uk, bearable but can't manage the larger bottle. Fizzy. If you can't face it, don't. Listen to your body. Go easy. Alcohol irritates the gut.	Monday, Aug 15th 2:58PM
159,906,910	If there are any tips I would love them.	Monday, Aug 15th 3:04PM
159,906,818	Stop drinking for a while to see if it minimizes symptoms.	Monday, Aug 15th 3:02PM
159,906,678	Probably better off not to drink - especially if on medication.	Monday, Aug 15th 2:53PM
159,906,510	To me it felt like wine was more tolerable when I am going through a flare up, but alcohol is just not a wise thing for me during a flare. When I am in remission I keep on not drinking as it just helps me to not crave it when I cannot drink it. Our UC infested bodies need lots of water and alcohol just does not go well with that need.	Monday, Aug 15th 2:49PM
159,906,470	I've heard if I switch to vodka, it would be better on my colitis. but, I'd rather not drink anything than start drinking hard liquor.	Monday, Aug 15th 2:53PM

159,906,462	Drinks with gin seem to pass a bit better for me.	Monday, Aug 15th 2:50PM
159,906,319	I think moderation is the key!	Monday, Aug 15th 2:47PM
159,906,055	Don't drink	Monday, Aug 15th 2:46PM
159,905,866	I have found that vodka does not effect me especially the gluten-free ones. Dry wines are ok too.	Monday, Aug 15th 2:42PM
159,905,837	Planning to stick to white wine later	Monday, Aug 15th 2:05PM
159,905,762	drink alcohol only if it has no negative affects	Monday, Aug 15th 2:35PM
159,905,752	i am now 3 years in remission, thankfully. i imagine persons with active uc should abstain.	Monday, Aug 15th 2:38PM
159,905,737	I do feel if I'm in a flare it can make it worse. However, if I'm feeling good, I think moderation is fine. Maybe types of alcohol have more of a negative effect?	Monday, Aug 15th 2:38PM
159,905,587	Dont drink	Monday, Aug 15th 2:36PM
159,905,585	Don't drink. If you must, drink white wine in moderation i.e. a glass a day	Monday, Aug 15th 2:31PM
159,905,567	Use your best judgement. If something you drink bothers you stop drinking it.	Monday, Aug 15th 2:27PM
159,905,480	Wine seems to be more tolerable.	Monday, Aug 15th 2:33PM
159,905,418	<p>Smirnoff Lime Vodka cut at least with 50% water or sparkling lime water has never caused a problem for me. Lots of ice and sip it don't gulp even if you find it has no impact on you to much booze into the UC system will cause you havoc for sure.</p> <p>In Canada Corona is a light beer 4 or 4.5% versus most of our normal is 5% plus as long as it is relatively fresh (if it doesn't smell right dump it) and ice ice ice cold and I can pound them back very easily, I actually prefer them in a can but up here they are very expensive. I was a Molson Export and a Alexander Kieth's drinker (much Like Sam Adams) but these beers don't go through the UC gut system well and cause me a ton of discomfort Gas, etc and then I usually end up with the trots.</p> <p>However Corona has never caused a problem unless it was a bad beer which I have had on occasion then all hell breaks loose within a few hours.</p> <p>Pic</p> <p>I don't have a pick having a beer but the attached was after several on the boat.....at the dock</p>	Monday, Aug 15th 2:01PM
159,905,200	Not really. No evidence that it affects me other than suspicions.	Monday, Aug 15th 1:03PM
159,905,155	Moderation	Monday, Aug 15th 2:25PM
159,905,066	Clear liquors!!!!	Monday, Aug 15th 2:25PM
159,905,027	Beer has the potential to affect UC, wine seems to be ok - margaritas with real lime juice and agave instead of corn syrup sweet and sour mix do not affect me.	Monday, Aug 15th 2:20PM
159,904,819	<p>Best advice don't drink at all but I know that's not happening for a lot of people so at least drink in moderation.</p> <p>Don't drink sweet drinks. No fruity sweet mixed drinks and no sweet wines, stick to dry wines. Sugar can be a trigger.</p> <p>Avoid the carbonated mixers. Carbonated drinks can be a real irritant for your gut.</p>	Monday, Aug 15th 1:57PM
159,904,769	Stay away from carbonated drinks, obviously. But find something you enjoy that doesn't trigger your symptoms. Same	Monday, Aug 15th

159,904,700	as with everything else...	2:16PM
159,904,704	Only drink when in remission	Monday, Aug 15th 2:16PM
159,904,668	Avoid sugar and beer	Monday, Aug 15th 2:17PM
159,904,640	Don't drink when flaring.	Monday, Aug 15th 2:00PM
159,904,601	Non-alcoholic beer is now my beverage of choice, and I really don't notice the difference in taste in my preferred brands.	Monday, Aug 15th 2:09PM
159,904,600	Listen to your doctor and do as he says	Monday, Aug 15th 2:12PM
159,904,504	red wine	Monday, Aug 15th 2:10PM
159,904,474	Everbody is so different. But if I have diarrhea and or bleeding definitely no liquor until I feel better.	Monday, Aug 15th 1:35PM
159,904,412	It's a trade off when I drink...it takes me 2 to 3 days to recover. It's a fine line as I am trying to move forward with healing my gut so don't want to compromise that path. I do get concerned that it may start me on a flare especially with fall coming up or as my GI calls "flare season". Drink organic, no sugar or yeast. Experiment if you want but always in moderation! Good luck!	Monday, Aug 15th 1:57PM
159,904,332	Avoid beer. Avoid sugary drinks. Don't do it too often. Take VSL3 probiotics everyday, but especially when drinking.	Monday, Aug 15th 2:01PM
159,904,270	It makes sense for the drink to have as little sugar as possible to be in line with SCD	Monday, Aug 15th 2:04PM
159,904,248	Beer is NO Wine is ok	Monday, Aug 15th 2:08PM
159,904,158	As with anything listen to what your body is telling you. Everyone is different. I can only handle a glass of red wine with dinner. Anymore and my UC starts to complain...	Monday, Aug 15th 1:35PM
159,904,014	Titos Vodka	Monday, Aug 15th 2:03PM
159,903,988	My drink of choice is moscow mule (gluten free vodka, ginger beer that is gluten free, lime juice and mint). I find that it doesnt affect me negatively.	Monday, Aug 15th 1:57PM
159,903,797	Don't drink.	Monday, Aug 15th 1:57PM
159,903,689	I think it best to have a drink with food. It might irritate if colon is inflamed. If I already feel bad I don't have a drink.	Monday, Aug 15th 1:42PM
159,903,574	I was wondering if wine is any easier on UC.	Monday, Aug 15th 1:44PM
159,903,520	Wine seems to be ok, cider not good during a flare.	Monday, Aug 15th 1:50PM
159,903,483	Reading dry white wine can be tolerated.	Monday, Aug 15th 1:48PM
159,903,186	Can't drink as it put me in the hospital! Been very sick with UC for many years and many failed therapies. Feeling much better after starting Entyvio so I may try having a drink after a few more months. Fingers crossed Entyvio keeps working.	Monday, Aug 15th 1:42PM
159,903,159	To be fair, technically, I have been in remission for years, although I still have to be careful of what I eat to avoid symptoms. Also, because I consume alcohol fairly regularly, I know my body has built up a tolerance to it. My current favorite cocktail is a Vodka Tonic, made with regular 7-UP. The clear pop is easy on the tummy, and a little lime juice is good for the digestion, so this may be a good drink for UCers to try!	Monday, Aug 15th 1:35PM

159,903,152	If you can tolerate it, gluten free drinks (wine and some liquors) seem to be best. I try to have one big glass of water after each drink to balance it out.	Monday, Aug 15th 1:35PM
159,903,102	Limit alcohol intake.	Monday, Aug 15th 1:43PM
159,903,074	White wine has a lighter effect	Monday, Aug 15th 1:35PM
159,903,021	Avoid it. But if you must drink then something gluten and sugar free like titos vodka and water does good	Monday, Aug 15th 1:40PM
159,902,896	Beer is the only alcoholic beverage that effects my UC. It acts like a potent laxative. I believe everyone is probably different when it comes to consuming alcohol.	Monday, Aug 15th 1:34PM
159,902,719	you cant live life like a hermit or let the uc control your life	Monday, Aug 15th 1:32PM
159,902,694	If you must partake, drink vodka (based on the distilling process it is gluten free).	Monday, Aug 15th 1:31PM
159,902,617	More than 02 pegs aggravates UC	Monday, Aug 15th 1:32PM
159,902,581	Don't use diet soft drink for mixing or real fruit juice	Monday, Aug 15th 1:11PM
159,902,540	None	Monday, Aug 15th 1:30PM
159,902,539	Avoid beer and drinking too much!	Monday, Aug 15th 1:31PM
159,902,458	Avoid beer or mixers that are carbonated. Those thing definitely exaggerate any of my UC issues.	Monday, Aug 15th 1:30PM
159,902,164	Limit your intake and listen to your body - it will definitely let you know your limit.	Monday, Aug 15th 1:20PM
159,902,136	If I have more than one or two drinks, my UC symptoms worsen.	Monday, Aug 15th 1:24PM
159,902,019	stick to hard alcohol doesn't hit as much	Monday, Aug 15th 1:18PM
159,901,842	Same for those with put Uc too.... Moderation.	Monday, Aug 15th 1:18PM
159,901,841	Gin is good.	Monday, Aug 15th 1:19PM
159,901,626	Hard ciders like Strongbow don't seem to bother me. Beer does, and so does wine if I have more than a glass.	Monday, Aug 15th 1:19PM
159,901,552	Whatever works best for you if you want a beverage.	Monday, Aug 15th 1:08PM
159,901,373	The drier the wine, the better for our U.C., because of the sugar content . . . but (and for me -- a frugal gal -- this is key) the cheaper the wine, the higher sugar content. You have to buy really good wine to get the driest wine. I usually drink cheap wine :(Monday, Aug 15th 1:11PM
159,901,276	Don't feel bad for not drinking alcohol around other people who are. It's still possible to have fun without it going out with other people and you will actually be able to remember everything that happens. If you still feel awkward just ask for a glass of water at the bar.	Monday, Aug 15th 1:08PM
159,901,238	I always felt that wine made my uc feel a little better but that hard alcohol, especially whiskey was very bad for it.	Monday, Aug 15th 1:12PM

159,901,192	Don't drink.	Monday, Aug 15th 1:09PM
159,901,009	Quit!	Monday, Aug 15th 1:04PM
159,901,002	Full meal before a couple drinks no more than 3. No beer.	Monday, Aug 15th 1:06PM
159,900,989	Beer is out	Monday, Aug 15th 1:06PM
159,900,954	I tolerate red wine best. Not sure if it negatively impacts the colitis because I just started drinking it about a year ago. Prior to that I was alcohol free from the time I was diagnosed (15 years ago).	Monday, Aug 15th 12:59PM
159,900,941	Potato vodka. Homemade lemonade	Monday, Aug 15th 1:06PM
159,900,939	I honestly think its all about the medication. I'm on simponi and have no issue drinking or eating any particular type of food.	Monday, Aug 15th 1:04PM
159,900,842	Wine seems to be the worst. But, I love it.	Monday, Aug 15th 1:00PM
159,900,819	Know yourself and what your triggers are is all you can do .Or just do not drink at all.	Monday, Aug 15th 1:01PM
159,900,740	work out if it works for you - not all alcohol is the same, mainly because of what it is made of! Red wine works for me, but might not for others.	Monday, Aug 15th 12:59PM
159,900,685	Since trying Cider without any added flavours it's not been bad but I find if I drink the one with added fruits it's crap,time.	Monday, Aug 15th 12:55PM
159,900,643	Everybody is different if you can drink alcohol and not flare up more power to you.	Monday, Aug 15th 12:07PM
159,900,592	Wine seems to work for me. Try not to drink on an empty stomach. If I know I am going out socially, I sip some chicken broth or light potato soup before drinking. This seems to help prevent anything unfortunate from happening.	Monday, Aug 15th 12:54PM
159,900,581	If you do have an occasion where drinking more than your norm is essential (i.e. a wedding or birthday party) then pace yourself for the rest of the week and week leading up to the event. Drink lots of water before and after the drinking session to minimise the impact of the alcohol. Try not to binge drink and maybe choose clear spirits over wine.	Monday, Aug 15th 12:50PM
159,900,547	I have found that Rum, Bourbon and Scotch are a NO GO even while in remission. Boo-hiss! A single martini with higher end vodka (Grey Goose) has been my go to. Straight tequila, the good stuff, works without side effects but tastes horrible IMHO. I would never have been a straight up drinker prior to UC, but some days you JUST NEED A DARN DRINK. Final advice if in remission - Vodka or tequila straight up with maybe a slice of fruit/berries and don't skimp on the brand.	Monday, Aug 15th 12:51PM
159,900,484	Sorry not yet	Monday, Aug 15th 12:50PM
159,900,431	I feel best with no alcohol, but in social settings I will drink vodka water, no mixers. Maximum 1 to 2 drinks per week.	Monday, Aug 15th 12:46PM
159,900,310	Limit yourself	Monday, Aug 15th 12:53PM
159,900,303	An occasional gin and tonic keeps me sane... Worse thing about watching your diet is not being able to drink.	Monday, Aug 15th 12:51PM
159,900,265	Don't drink too much. No beer. Wine and hard alcohol has the least effect on me.	Monday, Aug 15th 12:51PM
159,900,261	For me it's a bad idea. But then I find milk/dairy very helpful and most people with UC apparently have trouble with that. I think it's very individual and if you suspect it's affecting you it would be best to give it up for a while and then reintroduce it slowly, and record the symptoms.	Monday, Aug 15th 12:50PM

159,900,213	Dry Hard Cider in moderation	Monday, Aug 15th 12:48PM
159,900,211	Dry Hard Cider in moderation	Monday, Aug 15th 12:48PM
159,900,192	I would recommend marijuana over alcohol, if it is legal and can work for you. I would be happy to learn of an alcoholic beverage that would not adversely effect either my UC or my stomach acid level. I am not really adding anything with my comments.	Monday, Aug 15th 12:40PM
159,900,186	Don't drink alcohol	Monday, Aug 15th 12:36PM
159,900,082	my body let's me know almost immediately what not to do. You know how you can tell you're about to go into a flare? I do. When that occurs, my entire food, alcohol, exercise habits change dramatically. I have a glass of wine occasionally now that I am in remission and believe no alcohol when in a flare up.	Monday, Aug 15th 12:33PM
159,900,076	alcohol is digested in the gut. No big news. But the "first pass"of the digestive break-down of alcohol leaves formaldehyde as a by-product. Nice.	Monday, Aug 15th 12:44PM
159,900,040	I find that too much craft beer affects me. However a lighter beer or good tequila with no mixers is fine. I think the sugar in the mix is a culprit.	Monday, Aug 15th 12:43PM
159,899,899	I was diagnosed before I turned 21 and I was not under control until after 21. I was scared to drink but find if I make sure to drink water and not eat other trigger foods at the same time I am in better shape.	Monday, Aug 15th 12:43PM
159,899,877	don't drink too much	Monday, Aug 15th 12:43PM
159,899,859	Minimal alcohol when gut is non- reactive.	Monday, Aug 15th 12:42PM
159,899,831	No wine!!	Monday, Aug 15th 12:43PM
159,899,813	Do not overdo it.	Monday, Aug 15th 12:37PM
159,899,808	Don't have any.	Monday, Aug 15th 12:42PM
159,899,795	Drinking too much leads to poor decisions, like drinking more and eating inflammitory foods... While on SCD diet I forget to monitor my alcohol intake when in social situations. I drink like I am eating "normal" foods which help buffer the effects, so I have found that I must drink less.	Monday, Aug 15th 12:39PM
159,899,701	My guess is alcohol with the most sugar and sulfite content cause's the greatest amount of "issue's " with me - wine especially. Vodka as mentioned above seems to be the best. I will be interested in what other's have to say.	Monday, Aug 15th 12:35PM
159,899,621	Red wine seems to be OK when not in a flare. Hard liquor, especially sugary drinks like pina coladas cause me major issues and can even cause a flare.	Monday, Aug 15th 12:37PM
159,899,602	No beer, no bubbly. Stick to the hard stuff. Moderation	Monday, Aug 15th 12:37PM
159,899,596	Have at least 3 consecutive alcohol free days per week	Monday, Aug 15th 12:36PM
159,899,583	Avoid red wine!	Monday, Aug 15th 12:37PM
159,899,535	Limit alcohol or quit completely.	Monday, Aug 15th 12:31PM

159,899,510	Gin or vodka supposed to be best. Beer is a killer.	Monday, Aug 15th 12:36PM
159,899,424	Try drinking dry martini like I do.	Monday, Aug 15th 12:28PM
159,899,329	Having tried a lot of different alcoholic drinks. For me cider seems to work okay. But I would recommend that you experiment. In moderation. Of course.	Monday, Aug 15th 12:26PM
159,899,325	I'm not sure if alcohol makes my UC worse because I cut back due to age and not liking hangovers.	Monday, Aug 15th 12:28PM
159,899,238	Gin and tonic settles my stomach initially but then I suffer afterwards	Monday, Aug 15th 12:30PM
159,899,200	Drink in moderation.	Monday, Aug 15th 12:31PM
159,899,170	Not at this time	Monday, Aug 15th 12:31PM
159,899,152	Keep a diary of how you are the next day, do t drink after 6:00, and when you are tired and never when having a flare up	Monday, Aug 15th 12:27PM
159,899,151	Moderation and elimination diet on alcohol worked for me.	Monday, Aug 15th 12:30PM
159,899,144	I'm a Pinot Grigio drinker primarily and have found that the fewer preservatives the better...for my UC and the hangover. :)	Monday, Aug 15th 12:27PM
159,899,125	Don't drink too many beers	Monday, Aug 15th 12:31PM
159,899,116	I needed two years of healing with SCD and AIP diets before I could tolerate the occasional drink.	Monday, Aug 15th 12:26PM
159,899,106	Everyone is different.	Monday, Aug 15th 12:30PM
159,899,063	Stick to only one drink if you are at a party etc	Monday, Aug 15th 12:28PM
159,899,060	I'm not sure if this is just a coincidence or not, but I went into a terrible flare up after drinking Millstreet Organic beer. I am usually okay with any craft beer and I figured an organic beer may be a good choice. Guess not!!	Monday, Aug 15th 12:26PM
159,898,969	My UC got a lot better when I got off beer and I am down to a few mixed drinks a year.	Monday, Aug 15th 12:24PM
159,898,926	Téquila see prior answer regarding sugars. Also I have read that dark beers are better for your colon than the lighter ones	Monday, Aug 15th 12:16PM
159,898,906	Occasional is okay. Wine seems not to bother me when drank in moderation.	Monday, Aug 15th 12:26PM
159,898,904	Red wine normally has more benefits than negative impacts!	Monday, Aug 15th 12:24PM
159,898,869	I think more heart burn or acid reflux than UC symptoms	Monday, Aug 15th 12:24PM
159,898,811	I think its best to just stay clear of alcohol..	Monday, Aug 15th 12:23PM
159,898,755	Mojito made with rum, sparkling water, honey and mint is great. No nasty additives or artificial sweeteners.	Monday, Aug 15th 12:16PM
159,898,716	I feel like I tolerate wine better than beer. No carbonation of any kind for sure. No champagne, for example.	Monday, Aug 15th 12:20PM

159,898,706	Ginger beer with gin or vodka	Monday, Aug 15th 12:11PM
159,898,628	Drink moderately. Don't drink during a flair.	Monday, Aug 15th 12:19PM
159,898,607	Stick to white wine, sparkling white and tequila	Monday, Aug 15th 12:17PM
159,898,589	Check any meds you are taking to see if you are allowed to drink whilst taking them	Monday, Aug 15th 12:17PM
159,898,582	I've been told by a nutricilist that clear drinks are better like gin or vodka but I prefer to stay off short drinks like these as I'm a pint drinker of stout in Ireland	Monday, Aug 15th 12:15PM
159,898,499	I have never been a heavy drinker and I believe in moderation for everything. I am in remission now...Remicade is controlling my UC.	Monday, Aug 15th 12:14PM
159,898,493	Amber ales have somehow been good. If you're going out to a bar, no tap brews! Bottles n cans!	Monday, Aug 15th 12:17PM
159,898,468	I find generally during a flare up alcohol makes things worse. Red wine tends to be the worst.	Monday, Aug 15th 12:14PM
159,898,467	According to Breaking the Vicious Cycle gin is less aggravating than some other alcohols.	Monday, Aug 15th 12:16PM
159,898,439	I try my best to avoid anything that irritates the lining of my colon; it's just not worth it in the long run.	Monday, Aug 15th 12:15PM
159,898,438	Wine seemed to bother me...gave me cramping/pains...Vodka mixed with water and a small amount of diet cranberry juice seems to not bother me! :)	Monday, Aug 15th 12:16PM
159,898,435	I was never a heavy drinker before but I find cutting out alcohol entirely has reduced flare-ups tremendously and I feel much healthier in general. I highly recommend cutting it out of your diet if you're like me and can't "stomach" it.	Monday, Aug 15th 12:11PM
159,898,404	No gluten alcohol. Wine.	Monday, Aug 15th 12:16PM
159,898,383	Wine and light beers have been best for me, as well as any mixed drinks that do not contain any syrups or sugary mixes (i.e. Classic gin martini, gin and club soda).	Monday, Aug 15th 12:06PM
159,898,373	I am still recovering from the first attack and am too green to form any opinion but my doctor has indicated there is no restriction on food (Indian spicy type staple to Bangladesh). Dr. just restricted dairy products until my current medicinal regime finishes.	Monday, Aug 15th 12:08PM
159,898,358	Drink wine, not too much and not too often. I suspect the carbonation of gluten free beers is an irritant.	Monday, Aug 15th 12:12PM
159,898,314	Clear Rum and sprite zero, or any flavored water is real good.	Monday, Aug 15th 12:09PM
159,898,293	Just see what works for yourself - everyone is surely different	Monday, Aug 15th 12:13PM
159,898,287	If any, vodka seems to be tolerated best.	Monday, Aug 15th 12:11PM
159,898,267	Just from my comments about my experiences up above. I used to think vodka was my safest bet, and it was comparatively to mixed drink, beer and wine. But I later discovered that Tequila is better. I think bc of it being derived from agave plant rather than anything potentially grain based. I do extremely well managing my UC with a grain free /paleo diet.	Monday, Aug 15th 12:07PM
159,898,256	Less is best. It's all about moderation. A beer or two with healthy meals won't hurt. Greasy food and beer equals a flare up.	Monday, Aug 15th 12:12PM

159,898,212	Hops in beer and lager do affect my UC but not decent white wine. Also wine fermented in wood affects me but not in metal containers	Monday, Aug 15th 12:07PM
159,898,195	I've found sugary drinks never sat well with my colon.	Monday, Aug 15th 12:11PM
159,898,174	Beer is the biggest no no. Other alcoholic beverages seem to have much less impact.	Monday, Aug 15th 12:10PM
159,898,166	White wine, low sugar	Monday, Aug 15th 12:11PM
159,898,127	Try different things out. It can be hard to give up so play around. Go a few weeks with only having wine or a gluten free vodka and see if you notice any changes. It's all trial and error.	Monday, Aug 15th 12:10PM
159,898,109	Sulphites (in wine) seem to have an adverse effect but can't go wrong with a G&T :)	Monday, Aug 15th 12:06PM
159,898,039	To me having a few hard alcohol drinks seems to have less of an effect on my UC than having several beers or wine.	Monday, Aug 15th 12:06PM
159,898,019	Drink binges will cause flare up. Stick to clear alcohol if u can ie vodka n limit it drink water or a soft drink between drinking	Monday, Aug 15th 12:06PM
159,898,017	No hard liquor.	Monday, Aug 15th 12:09PM
159,898,014	FOR ME BEER IS A NO	Monday, Aug 15th 12:07PM
159,897,992	Red wine seems to have worse affects on me than white wine, so I have switched. But I do love red wine!	Monday, Aug 15th 12:07PM
159,897,984	Always have a snack near you, for some reason whenever I drink something that upsets my stomach I eat and it helps.	Monday, Aug 15th 12:06PM
159,897,968	Instead of alcohol, drink like a tonic and lime or something.	Monday, Aug 15th 12:05PM
159,897,867	Coconut milk with coconut water is good for uc	Monday, Aug 15th 12:05PM
159,897,841	No	Monday, Aug 15th 12:04PM
159,897,837	dont drink it	Monday, Aug 15th 12:03PM
159,897,808	I switch to an occasional beer or wine cooler	Monday, Aug 15th 12:04PM
159,894,921	Don't drink at all.	Monday, Aug 15th 11:06AM
159,894,587	The finest single malt whiskey seems to be ok. Cheap stuff can make things work. Better to pay in dollars rather than pain	Monday, Aug 15th 11:01AM
159,893,074	I think it completely depends on the individual. My uncle has UC too and he has found that red wine actually reduces his inflammation. If I stay home and drink I don't have problems, but if I go out and drink then I sometimes have issues the next day. Maybe that's from being exposed to unfamiliar microbes that can effect your gut balance?	Monday, Aug 15th 10:29AM
159,890,259	One glass of white wine is perfect, nothing else :-/	Monday, Aug 15th 9:53AM
159,887,889	Definitely not beer, that is one that makes me bloated and cramps.	Monday, Aug 15th 9:15AM

159,886,564	<p>If you experience a flair up - don't drink any alcohol.</p> <p>If you are in remission - for me Cider that isnt too fizzy, dry white (Pinot Grigio) and maybe a small vodka is ok that's about it.</p> <p>Stay away from any fizzy mixer drinks except maybe fizzy water.</p> <p>I find that smoking a cigar after drinking any of the above helps to avoid any gut pain.</p>	Monday, Aug 15th 8:51AM
159,886,256	Depends on what i drink. I try to keep it gluten free and it seems to help. Mikes hard lemonade or vodka cranberry seems best.	Monday, Aug 15th 8:48AM
159,884,689	Moderation is good, it always helps to relax the stomach muscles and take away pain, but too much can cause constipation the next day or the opposite	Monday, Aug 15th 8:26AM
159,884,540	Everything in moderation. The carbonation in beer is bad for me. An occasional drink seems to be ok and a glass or two of wine with dinner has no effect.	Monday, Aug 15th 8:19AM
159,883,878	I think everyone with UC has different triggers, and some have a worse case of UC than others.	Monday, Aug 15th 8:11AM
159,883,294	restraint	Monday, Aug 15th 8:00AM
159,883,283	Drink plenty of water to not become dehydrated	Monday, Aug 15th 8:03AM
159,883,066	Opt for high quality beers or redwine.	Monday, Aug 15th 7:57AM
159,882,708	Try staying away from it for a while, you feel so much better you won't want to go back.	Monday, Aug 15th 7:50AM
159,882,008	Don't drink	Monday, Aug 15th 7:36AM
159,881,823	I'd avoid alcohol that contains caffeine; that might be a recipe for misery. As with so many things it's the dosage that makes the poison. As long as your prescriptions don't react badly to drinking alcohol, I would think small amounts shouldn't be a problem. But every single person is different.	Monday, Aug 15th 7:20AM
159,881,728	Non fizzy drinks affect me less	Monday, Aug 15th 7:28AM
159,880,873	Wine doesn't seem to affect it quite as bad, but when your UC is I'm under control why aggravate it?	Monday, Aug 15th 7:09AM
159,879,396	Just drink occasionally and never drink too much at once.	Monday, Aug 15th 6:24AM
159,879,099	Eating food with wine is ok. Alcohol effects everyone's GI tract. Keg beer always bade me feel gross probably because it was a overindulgence.	Monday, Aug 15th 6:14AM
159,878,769	There is no "correct" alcohol beverage. They are all horrible for you, especially if you have UC. Alcohol it's self doesn't get process through the colon and intestines so it will only irritate it. I am diagnosed with severe UC, on Remicadre, and also use cannabis daily to help with my day to day controling. Cannabis>Alcohol. ALWAYS!	Monday, Aug 15th 6:00AM
159,878,667	A single glass of wine, every once in awhile, does not seem to affect me. I try to buy low sugar wine as well, as sugar and sweet items affect me.	Monday, Aug 15th 6:02AM
159,878,576	Understand your symptoms. If it causes too much pain, don't drink. Not worth it.	Monday, Aug 15th 6:00AM
159,877,568	Don't do it	Monday, Aug 15th 5:27AM
159,876,703	None	Monday, Aug 15th 5:06AM

159,874,270	For me training in a gym is so bad as drinking alcohol	Monday, Aug 15th 3:51AM
159,873,891	I've heard vodka is easier during a flareup. I have not tried it yet.	Monday, Aug 15th 3:34AM
159,873,517	Give up alcohol completely	Monday, Aug 15th 3:23AM
159,873,467	drink water as much as they can	Monday, Aug 15th 3:20AM
159,873,236	I do feel like it is mote the sugary mixes than the alcohol that causes the bad side effects so maybe drinking pure alcohol is better for you... :) but we like what we like so I try to not do any binge drinking and if I don't feel great for any reason then I won't drink at all. I also don't drink for a few days before and after I have received my treatment or if I need to take medication then I try not to mix alcohol with it. You know your own body so listen to it :)	Monday, Aug 15th 3:01AM
159,873,106	Avoid	Monday, Aug 15th 3:04AM
159,872,788	Drink water, it might be boring in company, but who cares.Stay clean.	Monday, Aug 15th 2:51AM
159,872,780	Preservative free beer seems to have less of an effect on me.	Monday, Aug 15th 2:50AM
159,872,693	None from me sorry	Monday, Aug 15th 2:48AM
159,872,140	Moderation. Don't drink until you are 100% ok	Monday, Aug 15th 2:33AM
159,871,950	Just take it easy. If you are unsure if this is causing a flare up id take a break. I personally have never been a big drinker but I love wine tastings. I would make sure I wasn't drinking on an empty stomach as well but that was from even before my diagnosis.	Monday, Aug 15th 2:25AM
159,871,722	I find the sugars in alcohol and the drink mixes to be the biggest trigger. I also find beer a trigger for myself as well due to the gluten/sugar content	Monday, Aug 15th 2:26AM