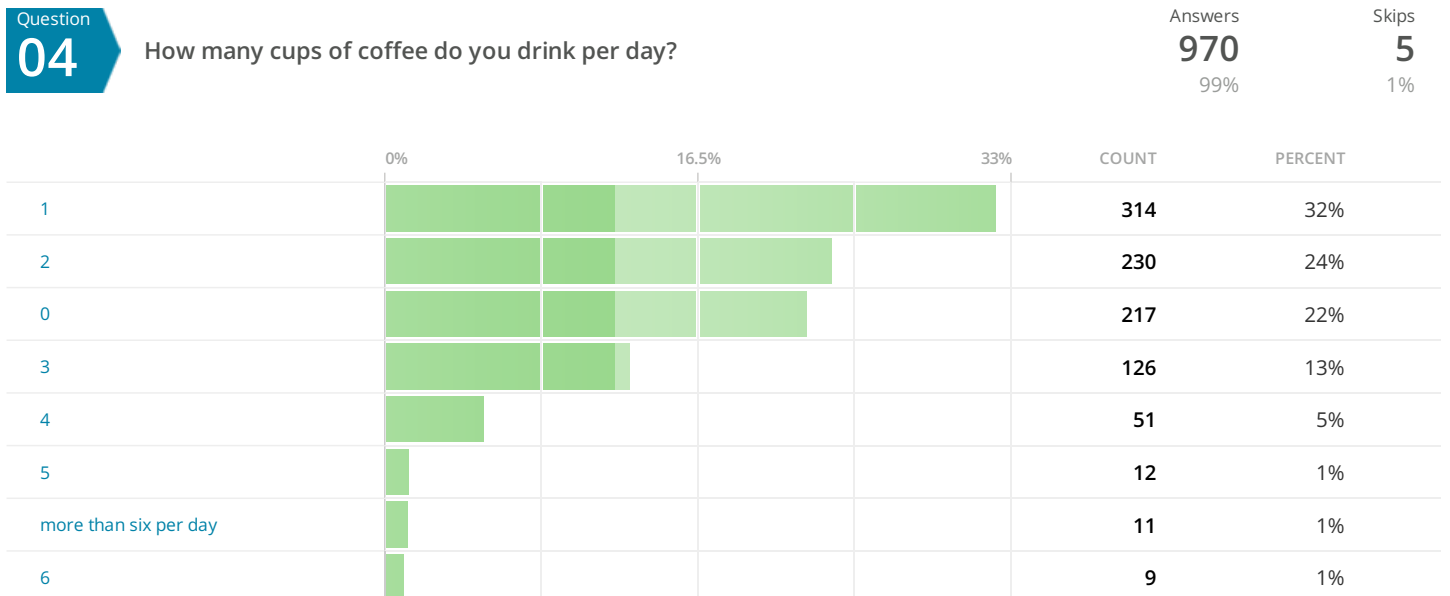
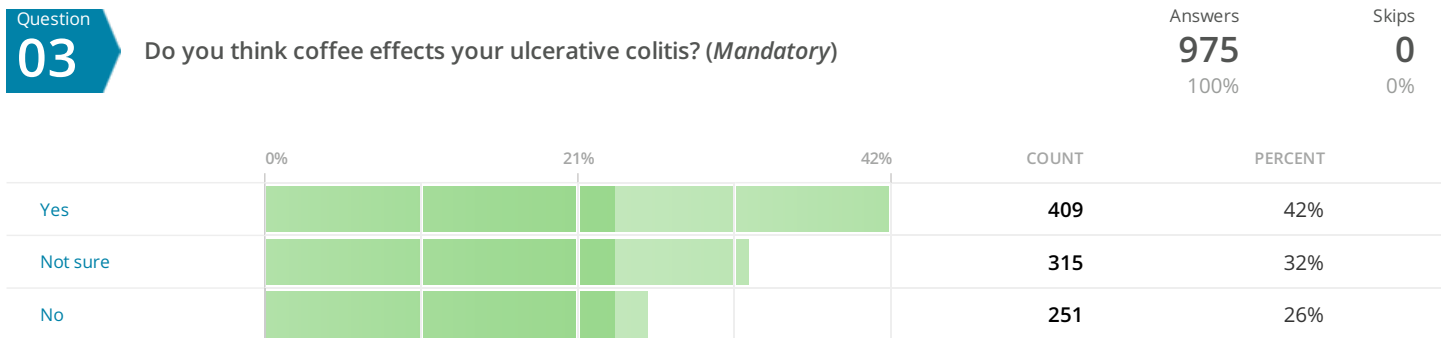
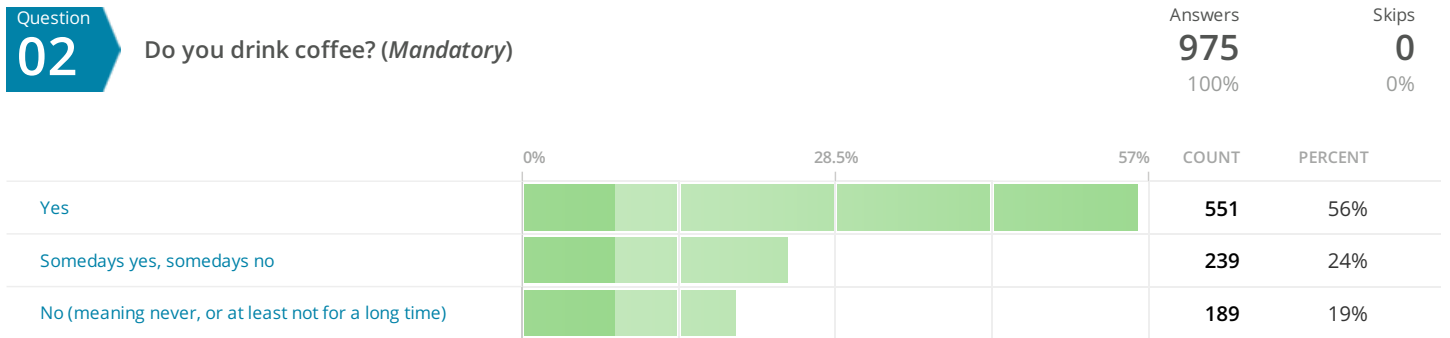
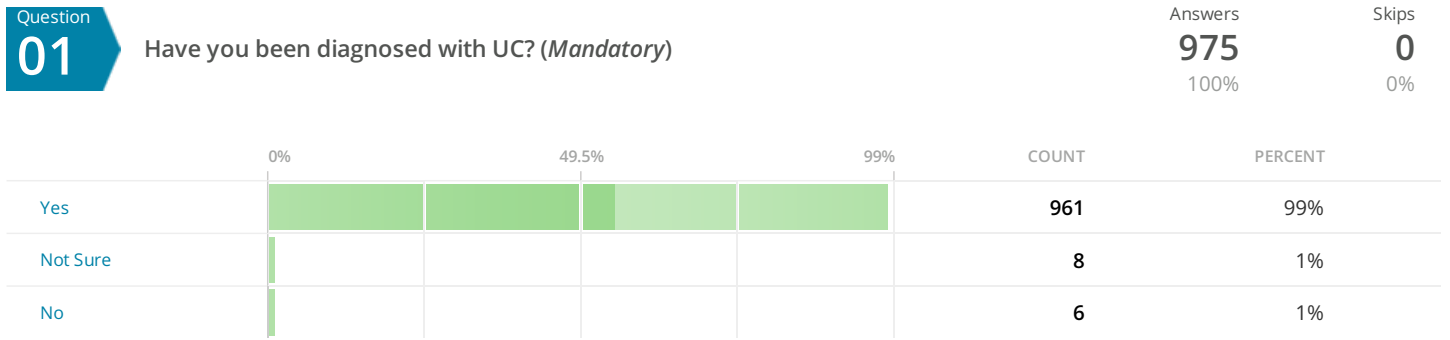


Coffee and Colitis Survey

Survey Results

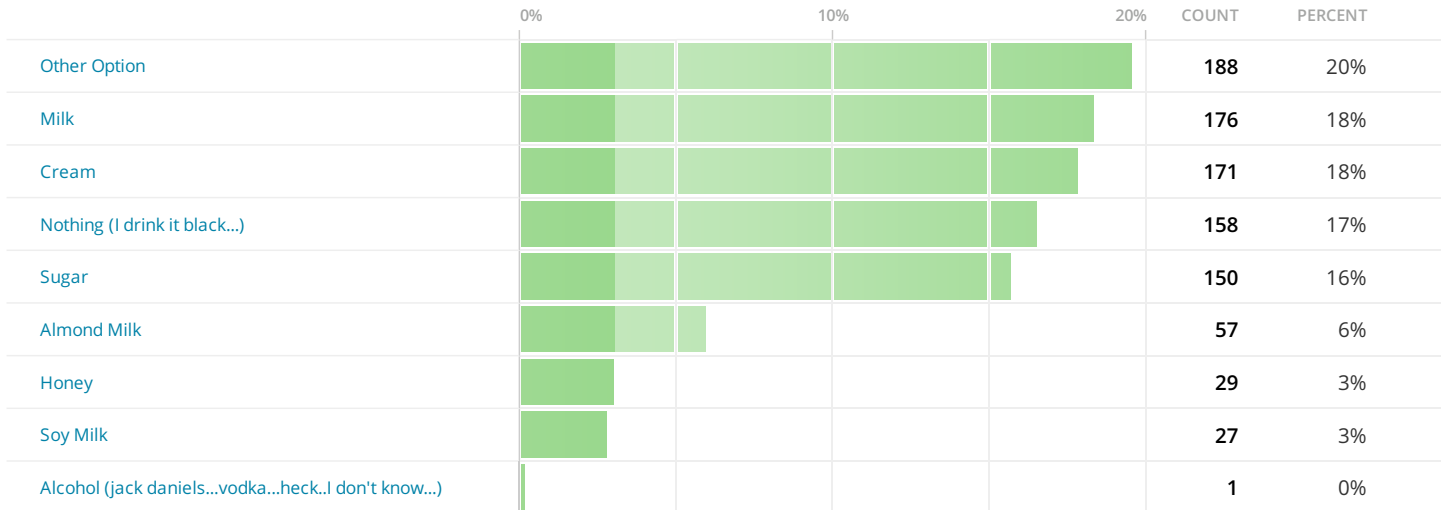


Question
05

What do you add to your coffee?

Answers
874
90%

Skips
101
10%

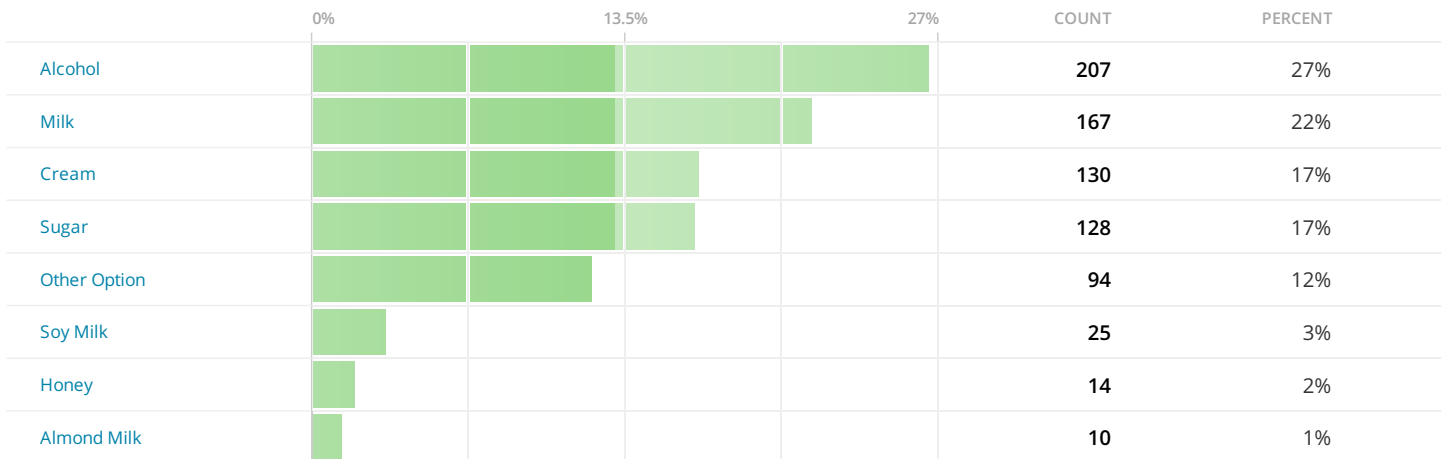


Question
06

Is there anything you think is a bad idea to put in coffee (you think it is harmful for your colitis)

Answers
600
62%

Skips
375
38%



Question
07

What would you like to add about Coffee and Colitis... ANY TIPS for those who just have to keep on having their Coffee....

Answers
426
44%

Skips
549
56%

146,543,286	If I'm flaring coffee makes the symptoms worse. Usually it doesn't even taste good any more in those times, so it's not hard to cut it out. I know my flare is over, when I drink my coffee with great pleasure again.	Friday, Jan 22nd 12:36PM
146,542,426	When I'm in remission coffee is not a problem. During a flare the reaction is instant so it's the first think I avoid.	Friday, Jan 22nd 12:36PM
146,533,284	I would say try black it's the best and all that sugar won't mess with your colitis.	Friday, Jan 22nd 10:20AM
146,526,879	tip always carry t.p.	Friday, Jan 22nd 8:45AM
146,524,183	Coffee has proved a great anti-inflammatory for my UC and helps with my remission and how to get back in one if I follow my tested plan of having a fibre drink just before I have a cuppa. It pushes things out and decreases inflammation	Friday, Jan 22nd 7:58AM

146,517,352	coffee contain caffeine,If you are addicted to,it makes you dehydrated,so my advice is better to have at least two cups of coffee per week.	Friday, Jan 22nd 5:44AM
146,511,683	I was on strong antibiotics for the gut recently and they upset my gut for several days. Couldn't even think about drinking coffee during this time. A natural aversion to one of my favourite drinks. The gut knows best. I cannot wait to get back to drinking One cup a day when the gut allows. ☺. A little of something you enjoy etc...	Friday, Jan 22nd 3:16AM
146,504,790	I find that iced coffee has less harsh effects than hot coffee. It might be because there's more cream and sugar rather than acidic coffee. I haven't really figured out why it works better for me.	Thursday, Jan 21st 10:15PM
146,497,423	Tread carefully and see how it works for you.	Thursday, Jan 21st 6:42PM
146,457,185	how can you prove coffee is bad for colitis. unless you only drink coffee and eat or drink nothing ells for weeks.	Thursday, Jan 21st 8:16AM
146,455,544	Try it . my GI said it won't cause diahhrea but it can stimulate to make the bm.	Thursday, Jan 21st 7:48AM
146,444,505	I live in the UK and I buy instant coffee which comes in jars. I mostly buy decaffeinated coffee because I believe it is the caffeine in the coffee which could be an aggravating factor in UC. However some decaffeinated coffees are not very enjoyable. They can be bitter tasting. I try to limit the amount of coffee I drink. On balance I would say I enjoy drinking tea more than coffee. I buy decaffeinated tea.	Thursday, Jan 21st 2:20AM
146,443,644	Ensure there's a nearby toilet within half an hour of having your coffee	Thursday, Jan 21st 1:53AM
146,438,771	I find that if I have too much coffee (two or more cups in a day), it can upset my stomach, and trigger my colitis. Generally, I don't have much issue with it.	Wednesday, Jan 20th 10:13PM
146,428,738	I make my coffee weaker than I use to . I also drink 1 or 2 cups of decaf Instead of drinking only caffeinated coffee everyday.	Wednesday, Jan 20th 5:14PM
146,420,378	Just avoid coffee...	Wednesday, Jan 20th 3:10PM
146,418,777	Sip enough to give yourself a boost. Just because you poured a 12oz mug doesn't mean you have to finish it all.	Wednesday, Jan 20th 2:42PM
146,418,056	Any more than a 1/2 cup a day is bad for my symptoms. So I skip lots of days and just have tea which seems gentler on the gut. But I like the coffee buzz, so if symptoms are quiet, or if I get really dozy I'll try a 1/2 cup of perked or a single shot of espresso and honey occasionally.	Wednesday, Jan 20th 2:28PM
146,410,792	After I drink coffee I always feel the need to go poop. It is usually a loose poop... not sure if it's bad for me but i hate to quit!	Wednesday, Jan 20th 12:32PM
146,406,268	If you're having a flare - stay away from coffee and any caffeine! It will only aggravate. If well, I find that I can tolerate a cup of coffee - best in latte form.	Wednesday, Jan 20th 11:32AM
146,394,075	I drink it in the morning to get a good purge before I head off to work.	Wednesday, Jan 20th 9:27AM
146,389,907	I believe moderation is key. I don't know that coffee directly affects my colitis, but I do feel that excessive amounts (more than a cup or two a day) can make the symptoms worse. If you must have your coffee, try to limit yourself to one or two cups a day.	Wednesday, Jan 20th 8:22AM
146,387,171	Don't drink coffee when you have a flare up.	Wednesday, Jan 20th 7:53AM

146,363,685	I switched to black tea around the same time I began steroids. Hard to tell if the lack of caffeine has helped or if it's the steroids I think it's the steroids... But the tea seems more gentle on my system and I don't feel as sleepy in the afternoons. I think coffee brings me up and then makes me crash. Whereas tea just helps me wake up in the morning...	Wednesday, Jan 20th 12:38AM
146,360,063	During flares coffee should be completely avoided. Try a coffee flavored candy [just one] if you must. Also try hot chocolate and see how it effects you. Ive currently been in remission for, two weeks now and I can have all the coffee i want! :)	Tuesday, Jan 19th 8:58PM
146,359,869	Try tea instead when you are feeling well enough. Otherwise it's just not worth it, I'd rather feel good and have no coffee than hurt just to have coffee.	Tuesday, Jan 19th 10:28PM
146,359,812	I now the creamer and the sugar isn't great for me, but it doesn't seem to both my Colitis/Crohn's, so I drink it. Until it bothers me and I have to stop. That will be a very sad day.	Tuesday, Jan 19th 10:26PM
146,357,529	I love coffee. I don't mean the caffeine kick, I mean the taste. Being part Italian, I grew up on the stuff. It's been hard to modify my intake and there are days I can't handle much so the idea of coffee isn't at the forefront of my mind. However, I've found I've been able to do decaf and/or have fully leaded coffee later in the day with less of an impact. But that could also be that my symptoms tend to be worse in the early morning.	Tuesday, Jan 19th 9:12PM
146,356,060	I did not drink coffee for about 6 months thinking that there was a link between my issues in the morning and coffee. After starting back up, I don't believe there is any link. In all actuality, I think the coffee keeps me more regular after my initial restroom trip.	Tuesday, Jan 19th 8:27PM
146,354,891	Drink on the toilet?	Tuesday, Jan 19th 7:50PM
146,353,008	There are so many better things out there to drink to pep you up	Tuesday, Jan 19th 7:02PM
146,352,539	If I have a cup if coffee it will run right through me.	Tuesday, Jan 19th 6:53PM
146,351,281	When I drink decaf it doesn't seem to have as much of a laxative effect. But I tend to have more constipation, so I drink regular coffee.	Tuesday, Jan 19th 6:18PM
146,345,875	I allways thought it was the coffee affecting me, but I think it was actually the milk in it. Since I started having it black I had no problems.	Tuesday, Jan 19th 4:23PM
146,345,571	nondairy creamer flavored is the best especially peppermint mocha	Tuesday, Jan 19th 4:21PM
146,343,077	Dark roast is less acidic and less likely to agitate the gastrointestinal tract. Light roast has triggered excessive bm's with symptoms for me before, dark roast hasn't. It just makes me pee a lot..	Tuesday, Jan 19th 3:41PM
146,340,636	Drink only one cup of filter coffee per day, no instant coffee.	Tuesday, Jan 19th 2:57PM
146,338,661	Don't. Have a substitute.	Tuesday, Jan 19th 2:17PM
146,334,856	Scared of it. Haven't tried coffee since my diagnosis.	Tuesday, Jan 19th 1:25PM
146,332,574	I just started drinking coffee again after a year and I found drinking a milder coffee seems the best for me	Tuesday, Jan 19th 12:43PM
146,329,410	I have espresso with 1/2 and 1/2. Regular coffee seems to bother me, but espresso doesn't. I have also used full fat coconut milk in my coffee with no problems.	Tuesday, Jan 19th 12:00PM
146,328,671	I miss my coffee terribly !!!!	Tuesday, Jan 19th 11:49AM
146,312,927	I did give up for coffee for many months and I did not notice any benefits. I now drink about three cups a day with no negative effects	Tuesday, Jan 19th 8:59AM

146,312,701	One a day seems to be working for me. However, I do not drink on everyday either.	Tuesday, Jan 19th 9:03AM
146,312,287	Don't stray from your nearest restroom.	Tuesday, Jan 19th 8:58AM
146,310,484	I have found that giving up coffee has helped relieve some of my UC symptoms, as after a cup I used to have the urge to rush to the bathroom a lot more than normal with my UC.	Tuesday, Jan 19th 8:33AM
146,309,111	I think it is an aggravator for those with colitis and just not worth it. I do use herbal coffee from Mountain Rose Herbs. It tastes pretty close and I add to it a bit of Stevia along with almond or coconut milk.	Tuesday, Jan 19th 8:15AM
146,305,017	I drink only decaffeinated coffee. This satisfies cravings. Caffeine causes cramps and makes the intestines more active. Also be careful with lactose products like milk and cream. These can also aggravate symptoms. I do still love coffee.	Tuesday, Jan 19th 6:56AM
146,303,553	Your health is most important, so if coffee is effecting your uc then stop drinking it. Easy enough!	Tuesday, Jan 19th 6:40AM
146,303,150	Try weak coffee	Tuesday, Jan 19th 6:35AM
146,301,726	I think it's the caffeine that gets to me; I try to drink either 1/2 caf or decaf	Tuesday, Jan 19th 6:05AM
146,295,990	Coffee never bothered my severe ulcerative colitis or at least not more than anything else did. When you go to the bathroom more than 30 times a day it is tough to tell if something bothers it.	Tuesday, Jan 19th 3:41AM
146,293,821	well if it hurts your gut than you might want to change to strong tea but otherwise drink coffee as much as your system will let. i know it was hard for me. i am Cuban and grew up drinking string coffee. I use half and half and try not to drink very stong espresso.	Tuesday, Jan 19th 2:37AM
146,291,732	I must have my morning coffee. Only in the morning do I have a movement shortly after my coffee. Which is fine with me because it gets my "business" over and done with so I can leave the house. However, on the rare occasion I have coffee later in the day or evening I don't have any reactions.	Tuesday, Jan 19th 1:29AM
146,291,176	Coffee is a definite no no for me, it reacts pretty quickly. So I just stay away from it now.	Tuesday, Jan 19th 1:17AM
146,289,095	I've noticed coffee seems to speed up the occurances, which makes sense since caffeine is a stimulant. I try to refrain from all caffeine during flairs. After they have subsided I only put almond milk in my coffee at first.	Tuesday, Jan 19th 12:18AM
146,288,850	any more than 2 is not good for me	Tuesday, Jan 19th 12:24AM
146,283,514	I used to drink soy trying to avoid milk and it flared my colitis worse than anything! I also drink half decaf and half regular. Too much caffeine makes my problems worse.	Monday, Jan 18th 10:54PM
146,280,632	Decaf is a little easier on my colon but still affects it. I'm better off not having it at all.	Monday, Jan 18th 10:24PM
146,276,121	Black coffee seems to be fine EXCEPT if I am having minor UC flare symptoms I stop totally for a few days.	Monday, Jan 18th 9:08PM
146,276,040	Have read that coffee stirs up symptoms sol avoid it Would love some.'..	Monday, Jan 18th 9:04PM
146,276,038	Have read that coffee stirs up symptoms sol avoid it Would love some.'..	Monday, Jan 18th 9:04PM
146,273,252	dilute with water (hot or cold), or make weak, dont drink as is and do not add anything to it.	Monday, Jan 18th 8:17PM
		Monday, Jan 18th

146,272,789	i am moderate UC and dont think it affects me. Like egg yolk ads outweigh disads	8:26PM
146,267,189	Drink dcaf mostly	Monday, Jan 18th 7:36PM
146,265,044	Caffeine isn't good. Coffee is acid. Acids often trigger spastic colon reaction. For those who love to have it, try a latte or espresso, less caffeine than a regular cup of coffee.	Monday, Jan 18th 6:58PM
146,264,302	Drink in moderation.	Monday, Jan 18th 6:54PM
146,262,060	I have up coffee and felt it helped my colitis	Monday, Jan 18th 6:16PM
146,261,709	The lactose in milk is not good for me so I use full whipping cream.....mmmmmmmm!	Monday, Jan 18th 6:04PM
146,261,527	I try to make it a little weak and use a lot of cream. (non dairy)	Monday, Jan 18th 6:01PM
146,261,443	I used to drink one cup a day with cream. Last week I've changed my diet including discontinuing coffee and I have switched to tea. I have started to see a difference in my symptoms.	Monday, Jan 18th 6:00PM
146,261,301	I do not drink it when I'm in a flare and only when symptom free. I swap with tea sometimes. Tips, yes I haven't had a flare for 12 months now after going hardcore SCD. ????	Monday, Jan 18th 5:51PM
146,261,047	I can't drink coffee at all when I am flaring. I can drink hot tea but I can't add anything to it.	Monday, Jan 18th 5:51PM
146,260,786	When im not in a flare i always drink a glass of almond milk then about 30 min later ill drink the cofee either black or mixed with half almond milk.	Monday, Jan 18th 5:42PM
146,259,312	Limit to 1 cup in am per day	Monday, Jan 18th 5:13PM
146,259,072	I'm just glad I don't like coffee!	Monday, Jan 18th 5:11PM
146,258,412	Limit your intake (I used to drink a pot, which was 3-5 cups a morning, now only 1 cup). Try decaf or half-caf. I find I have more problems with regular than decaf.	Monday, Jan 18th 4:55PM
146,258,180	I have switched to chai tea latte and that seems to sit well and satisfies my coffee urge.	Monday, Jan 18th 4:37PM
146,257,802	I found that decaffeinated doesn't bother me as much as regular coffee.	Monday, Jan 18th 4:46PM
146,257,159	Hot coffee tends to hit me harder, so i stick to iced coffee.	Monday, Jan 18th 4:32PM
146,256,672	Please try turmeric + almond milk substitution. With a bit of cinnamon, honey and molasses, you can get used it... Especially turmeric fight the inflammation well!	Monday, Jan 18th 4:19PM
146,256,080	I love coffee but hate colitis. I hope there is a way to treat it soon without drugs.	Monday, Jan 18th 4:09PM
146,255,916	I always use simply sugar (a brown unprocessed sugar product) and not so smart but will use Coffeemate gluten free that must have other preserv's and other chemical junk - as always don't repeat if it affects you badly I never drink coffee every day. Usually do green or black tea every AM with 2 spoons of honeyhelps settle a rough morning stomach with a slice or 2 of Bakers Choice glutenfree bread & butter/ with a good probiotic (I like the one called Perfect Biotic)	Monday, Jan 18th 3:54PM
146,255,569	I only drink coffee when I'm not in a flare; otherwise I tend to stay away as it causes things to get worse.	Monday, Jan 18th 4:00PM

146,255,076	I don't think coffee effects my colitis, instead it is the colitis that effects the outcome of drinking coffee. Often no reaction, especially from the Nespresso I have at home with lactose free milk. More likely goes through me when I have a flat white from a café.	Monday, Jan 18th 3:48PM
146,254,583	My naturopath recommended stopping coffee so I did and my symptoms are a lot better. I also take tumeric paste with most meals and that has helped.	Monday, Jan 18th 3:37PM
146,252,031	When I have a flare up , am working a night shift or am not feeling 100% coffee does not help things . I can't drink coffee on an empty stomach without having to go the bathroom after . For some reason it doesn't effect me when I'm out of the country on vacation regardless of when or how I drink it.	Monday, Jan 18th 2:52PM
146,251,891	Coffee for me is one of the most obvious stuff that I have to avoid. Recently, I have been trying decaffeinated coffee (I'm in remission) and it seems I cope this better. But the taste sucks... ;-(Monday, Jan 18th 2:49PM
146,251,053	I think the jury is still out on whether or not coffee effects colitis. I keep my coffee intake down to 2 cups a day. In fact I stay away from any soft drinks with caffeine in it.	Monday, Jan 18th 2:39PM
146,251,050	For me a coffee wakes me up and gets my bowels going in the morning so I have to be careful to allow plenty of time for that prior to my 1 hour commute to work!	Monday, Jan 18th 2:36PM
146,250,513	I only drink decaf	Monday, Jan 18th 2:29PM
146,249,217	Try de caff ?	Monday, Jan 18th 2:08PM
146,249,162	I used to drink coffee .. lots of coffee. Then I was diagnosed w/ UC. I am convinced coffee was responsible for my first flare up, about 3 months after getting the UC into remission .. 6 years ago. I firmly believe that if you have UC, you cannot safely drink coffee. Period. If you have UC and have the urge to drink coffee, just say no.	Monday, Jan 18th 2:04PM
146,248,372	In my honest personal opinion I strongly recommend converting to tea. I used to be a huge coffee snob before my UC then after being diagnosed and eventually losing my colon I now only drink tea.	Monday, Jan 18th 1:46PM
146,244,498	Don't drink coffee when you have a flare up	Monday, Jan 18th 1:48PM
146,177,719	Keep your coffee consumption to the very minimum. I used to drink an entire pot of coffee in the morning and now I have reduced that to 12 to 14 ounces (One to two cups) I would cut down in the amount of milk, cream, and sugar and definitely not use alcohol.	Monday, Jan 18th 1:01PM
146,177,359	I have 2 cups in the morning with unsweetened almond milk. But if I'm sick with a flair I drink an herbal tea like chamomile. I stay away from any strong coffee drinks. Sometimes when I'm in Trader Joe's they will have coffee pot as a courtesy for customers. They are little mini cups and I will have one with half and half. I have been feeling normal for about 1 1/2 years. But, if I weren't I wouldn't have any coffee samplers.	Monday, Jan 18th 12:53PM
146,176,740	Better to have it after a meal and not in the morning. Also be close to a toilet!	Monday, Jan 18th 12:48PM
146,176,404	Doctor said it does not affect inflammation. However it does increase urgency and like other things seems to get diarrhea going for a while. Harder to give it up than beer (which I gave up)! Dehydration can be an issue. When I don't have a flare up, a couple cups of coffee is fine.	Monday, Jan 18th 12:43PM
146,176,179	Drinking coffee does not affect my UC at all. In fact, I think it helps my body go through the motions a little quicker in the morning.	Monday, Jan 18th 12:40PM
146,174,924	I find if I keep it to infrequent or if the coffee is weak, I can occasionally have it without UC symptoms.	Monday, Jan 18th 12:21PM
146,174,805	Drink it after lunch and it's easier to hold if it increases your discomfort or need to go.	Monday, Jan 18th 12:20PM

146,173,948	drink decaf coffee	Monday, Jan 18th 12:06PM
146,173,936	I take Prielief with my coffee to remove the acid. Has been a lifesaver for me! Take it with any high acidic drinks and food such as Spagetti or salsa. Wouldn't be able to drink coffee or eat those items without!	Monday, Jan 18th 12:05PM
146,170,595	i think it may raise my BP levels.	Monday, Jan 18th 11:16AM
146,170,022	Don't overdo it!	Monday, Jan 18th 11:09AM
146,169,904	used to drink a lot of coffee before I got uc, been about 1.5 years now. It just doesn't sit right with me now. as I am lactose intolerant I use almond milk but I find it very thin. I have tried organic coffee, doesn't make much of a difference. I do however now and then go into costa for a latte with soya milk, which isn't as bad	Monday, Jan 18th 10:57AM
146,169,347	I have heard that Caffeine is an irritant so I stopped all together and also have DeCaffeinated Tea. Who knows if it's helped me. I'm in remission at the moment but I never quite know why!	Monday, Jan 18th 11:01AM
146,168,351	When I drink a strong coffe I always end up in the bathroom.	Monday, Jan 18th 10:52AM
146,166,841	Give up cream and sugar additives and learn to drink coffee black.	Monday, Jan 18th 10:39AM
146,166,142	Limit your intake and drink it when you know you are near a washroom	Monday, Jan 18th 10:35AM
146,165,800	Try to reduce the intake per day especially during flare ups and use brown sugar instead of white.	Monday, Jan 18th 10:31AM
146,162,068	During a flair i would suggest maybe staying away, but honestly this might not even matter. Coffee makes people with normal digestion take shits too. Trial and error.	Monday, Jan 18th 9:58AM
146,161,888	No prob at all except too much would bother me. Over 2 cups	Monday, Jan 18th 9:55AM
146,159,899	I LOVE coffee, but it doesn't love me back. I would drink one or two cups a day but that tends to set me in a downward spiral. I save my coffee drinking for going out to breakfast. One or two cups a month is my limit.	Monday, Jan 18th 9:38AM
146,159,461	In a flare I stop drinking coffee but don't ever really want it when I feel sick anyway. Generally I have 1-2 long black coffees in the morning and that's it for the day.	Monday, Jan 18th 9:33AM
146,158,691	I love my coffee, but when flares get bad I switch to tea and honey which is my second choice. When flares are bad I tend to avoid both alcohol and coffee and it's much easier for me to give up the alcohol than my morning coffee. But the coffee does increase the urgency, so I do have to avoid it during the worst flares. I have not found any additive that makes it better or worse, but I am just a bit of milk and bit of sugar person.	Monday, Jan 18th 8:42AM
146,157,544	I found cream in my coffee was what was making my UC act up, once i removed the cream and used milk i could drink it again.	Monday, Jan 18th 9:12AM
146,157,331	At first I gave up coffee because I was told it contributed to my colitis. It didn't help so I started drinking again and had no difference. Went into remission drinking coffee. Have drank cold pressed during bad flares since that is supposed to be easier on the stomach. May have helped and it kept me in coffee, so that's all I need!	Sunday, Jan 17th 10:35PM
146,157,118	I drink decaf	Monday, Jan 18th 9:03AM
146,156,845	To much caffein it makes me feel like going to the washroom more often.	Monday, Jan 18th 8:59AM
146,156,535	Good quality coffee, once a day with honey and soy works for me.	Monday, Jan 18th 8:53AM

146,156,501	If you gonna drink coffee you have to take it the less strong than you can	Monday, Jan 18th 8:53AM
146,156,444	Coffee is the first thing to go when things are starting to act up.	Monday, Jan 18th 8:49AM
146,155,873	I am not sure, but I think that possibly coffee might be calming the inflammation of the nerve that is causing my problem. I only started drinking coffee last week.	Monday, Jan 18th 8:39AM
146,155,678	Take in moderation	Monday, Jan 18th 8:36AM
146,155,212	I still drink my two cups per day.	Monday, Jan 18th 8:27AM
146,154,967	I have had to cut back on how much I drink. I would usually start to drink my second cup and then have to use the bathroom immediately. First I was drinking it every other day to not mess with my system too much, but then I started having heart burn problems... So if I didn't have UC side effects, I was having heartburn, or BOTH! My advice is to just listen to your body, if the benefit out ways the consequences, carry on. I had to listen to my body and decided that maybe once a week I will indulge, otherwise it's not worth the extra medication for heartburn or running to the bathroom more.	Monday, Jan 18th 8:14AM
146,154,877	Limit coffee to once in a while and take a Hyoscyamine or similar medicine ahead of time.	Monday, Jan 18th 8:15AM
146,154,351	Coffee does make me go to the bathroom whether I am in a flair or not. When my colitis is active, I naturally tend to drink less. At that point, anything I drink makes me run to the bathroom! In the 30+ years of having colitis, my coffee consumption is much less than it used to be.	Monday, Jan 18th 7:59AM
146,154,182	Drink only organic coffee, as coffee plants are heavily sprayed with pesticides... Pesticides (and other chemicals) cause major problems in the GI system. Organic is the way to go!	Monday, Jan 18th 7:59AM
146,154,145	Take it one day at a time	Monday, Jan 18th 8:01AM
146,153,765	I'm not sure coffee is the culprit per se but when I was so sick with UC symptoms last year, my body and mind rejected it completely. Breaking the habit was not an issue because being buzzed and sick was not appealing at all. I am an "everything in" coffee drinker--love lattes although sugar and fat free, lots of sweetener and froth and flavoring. The richer the better. I have not quit caffeine which I think is also a contributor to symptoms. I don't get the violent reactive symptoms from it like coffee, but don't think it's doing my UC any favors. I was just diagnosed in October 2015. I think at some point I will try coffee again, just don't want it to become habit. I think daily habits of doubtful foods contribute to more distress than an occasional indulgence. Our bodies let us know quick enough if we've gone to far--at least mine does usually sooner than later!	Monday, Jan 18th 7:47AM
146,152,933	Coffee. hmmm. There are times that I can't drink it and there are times when I can drink it. I drink about 1/2 of a cup in the morning and that's all I can handle (colon starts to making noises). I will then drink 1 cup late afternoon and I'm fine with that no problems.	Monday, Jan 18th 7:28AM
146,152,397	Try going without coffee for a week or so. See if anything changes.	Monday, Jan 18th 7:18AM
146,151,395	No alcohol	Monday, Jan 18th 6:55AM
146,150,969	Semi Skimmed Milk as this bloats out my stomach	Monday, Jan 18th 6:46AM
146,150,943	Keep it to 1 coffee a day, I find tea a little better though the day	Monday, Jan 18th 6:15AM
146,150,201	Everything effects everyone different, if you are one to drink coffee, do so in test batches to make sure it doesn't cause any unnecessary pains.	Monday, Jan 18th 6:27AM
146,150,107		Monday, Jan 18th 6:23AM

	Coffee is just one of many items on my list of things I don't ingest anymore. Although I miss it, I don't miss what it does to	
146,149,049	I have found caffeine of any kind has a negative impact on colitis symptoms...bloating, cramps	Monday, Jan 18th 5:57AM
146,148,974	Coffee, tea, alcohol, soda, water, milk fruit juice ? some days yes some days not it all depends if im in flare up or not. its the same with food good days and bad.	Monday, Jan 18th 5:53AM
146,148,878	May be try decafe it works for me!	Monday, Jan 18th 5:49AM
146,148,768	I have to have my coffee... during flare ups I try to drink less and only after I ate something.	Monday, Jan 18th 5:48AM
146,148,293	I think caffeine is really bad and you can give it up, if it is going to make you better. I have been caffeine free for 7 years now, but it wasn't easy to start with and I still love the smell of coffee and miss my cappuccinos!	Monday, Jan 18th 5:32AM
146,146,881	Not drinking coffee is one of the things that I have found to ease my symptoms.	Monday, Jan 18th 4:47AM
146,146,815	Try limit intake to 1 cup, every other day	Monday, Jan 18th 4:53AM
146,145,607	I find I always have to poo very soon after my coffee.. Sometimes within 15 minutes, sometimes within the first sip!! I always have it when I'm at home or going to be near a washroom!	Sunday, Jan 17th 11:37PM
146,144,868	I used to drink coffee but realised it affected me, even decaffeinated. I think it is the coffee not the caffeine as I find tea to be fine.	Monday, Jan 18th 3:49AM
146,144,456	I find drinking a good decaf def makes a difference esp if im not on a good day. And try not to drink coffee on an empty stomach.	Monday, Jan 18th 3:30AM
146,144,376	Doesn't seem to bother it for myself	Monday, Jan 18th 3:32AM
146,144,296	I has to stop drinking coffee because it always triggered diarrhea within five minutes for me. I truly love coffee and I was very addicted but it just wasn't worth it.	Monday, Jan 18th 3:26AM
146,144,046	Only drink coffee if not in flare	Monday, Jan 18th 3:23AM
146,143,787	I have had ulcerative colitis for 5 years or so, every time I have a flare up I have my coffee at half strength. This keeps me going though out my day.	Monday, Jan 18th 3:12AM
146,143,615	Make the coffee as weak as possible.	Monday, Jan 18th 2:10AM
146,143,376	I tend to limit coffee intake to 2-3 cups per day when on a flare up	Monday, Jan 18th 2:55AM
146,142,832	I can drink half a cup per day, Moore than that will give me stomach pain for hours.	Monday, Jan 18th 2:28AM
146,142,821	I can't drink coffee at all since having uc and I miss it lots ?	Monday, Jan 18th 2:31AM
146,142,796	I used to drink multiple cups a day but noticed it affected my colitis. Now I limit myself to one a day in the morning since it sometimes gives me cramps and stomach aches (and sends me running to the bathroom)	Monday, Jan 18th 2:29AM
146,142,722	used to have over 20 coffees day with milk...after latest flare up cut down to around 10 per day with 10 teas per day now taken with almond milk...cut out milk from diet xx	Monday, Jan 18th 2:26AM
146,142,685	Try decafenated	Monday, Jan 18th 2:25AM

146,142,178	Have a drink of water after. Keep the caffeine low.	Monday, Jan 18th 2:01AM
146,141,296	Decaf definitely makes a difference.	Monday, Jan 18th 1:32AM
146,140,870	Keep it one cup a day.	Monday, Jan 18th 1:18AM
146,140,125	Make sure you don't drink 2 cups before you leave to take the kids to school.	Monday, Jan 18th 12:54AM
146,139,415	Try to drink less and if it's for the caffeine... Try other things	Monday, Jan 18th 12:37AM
146,139,394	Cut it out if you are heading into a flair.	Monday, Jan 18th 12:36AM
146,139,174	When I am having an active flare-up I stay FAR away from coffee. Otherwise I won't make it to the bathroom on time at work. If I really need a coffe when I'm flaring I can only have decaf and I drink it reaaallllly slowly (like over a 2 hour period). I will still have to run a few times while drinking it but it won't be as urgent.	Monday, Jan 18th 12:26AM
146,138,980	Start diluting ur coffee little by little with more & more almond/coconut milk . Before u know it, u realize u can have diluted coffee and enjoy it too.	Monday, Jan 18th 12:19AM
146,138,678	Try chicory root herbal coffee. The pick me up without the caffeine.	Monday, Jan 18th 12:12AM
146,138,399	Well if you can still drink it do not drink a lot per day have like a cup if you can tolerate it. I am thinking that I just had too much which finally made it so that I can not have it at all. Don't go overboard. I did and now I can not drink it. You could try low acid. Some coffees are harsher then others. Do not remember what a coffee seller told me on just what is more milder on your system.	Sunday, Jan 17th 11:44PM
146,138,240	I give up coffee when I am in an extreme flareup, but it has to be extreme. Because I love coffee in the morning.	Sunday, Jan 17th 11:58PM
146,137,583	Make it fresh and make it good (like everything else you cook and feed yourself). The satisfaction will last throughout the day.	Sunday, Jan 17th 11:36PM
146,137,206	Personally, I can tolerate one cup of decaf coffee (with milk) per day. And I will only indulge when I am feeling well. Regular (non decaf) coffee seems to induce diarrhea if not limited.	Sunday, Jan 17th 11:24PM
146,136,710	Try the decaf	Sunday, Jan 17th 11:11PM
146,136,239	Whenever I drink coffee I make sure I have nowhere to go for the next few hours, just in case it gives me colitis problems.	Sunday, Jan 17th 10:56PM
146,136,217	Don't use too much milk.	Sunday, Jan 17th 10:56PM
146,136,210	I think it's mostly about coffee's acidity (Very), so if your body's PH is not in alkaline state, having coffee is like pouring oil into fire. Organic coffee or cold brew makes a difference. If you're balanced, you can handle coffee better..	Sunday, Jan 17th 10:54PM
146,135,970	If it doesn't cause a flare-up for you, there's likely no reason you need to stop.	Sunday, Jan 17th 10:47PM
146,135,919	Iced coffee doesn't effect me as much as hot coffee so I feel better drinking it. I keep it to one cup a day.	Sunday, Jan 17th 10:48PM
146,135,652	everything in moderation	Sunday, Jan 17th 10:41PM
146,135,574	I drink half caff, so I can have 2 cups if I want.	Sunday, Jan 17th

		10:36PM
146,135,434	Limit it to no more than two cups...give decaf a try if you haven't already. It seems to no make my stomach as upset!	Sunday, Jan 17th 10:31PM
146,135,266	I can drink coffee along with or after my breakfast, but not before.	Sunday, Jan 17th 10:28PM
146,135,026	Half caf/half decaf	Sunday, Jan 17th 10:23PM
146,134,984	No cream or alcohol	Sunday, Jan 17th 10:22PM
146,134,311	it helps clear me out	Sunday, Jan 17th 10:02PM
146,134,308	Limit the amount	Sunday, Jan 17th 10:02PM
146,134,281	Keep on drinking your coffee	Sunday, Jan 17th 9:58PM
146,134,258	When I got first diagnosed with UC I was drinking more coffee than I ever had. At first I thought it was the coffee that was making me have the UC symptoms. I was drinking more than 5 cups of coffee a day. It would be almost all day long. I think it was the coffee along with the stress at work that brought out the UC. Now with UC I know if I drink coffee and get set up of a very mild flare. I avoid coffee at all cost.	Sunday, Jan 17th 9:59PM
146,134,206	Coffee makes it worse	Sunday, Jan 17th 9:58PM
146,133,952	A natural low acidity no mycotoxins coffee	Sunday, Jan 17th 9:50PM
146,133,783	Use half-caf and dark roast is less acidic.	Sunday, Jan 17th 9:46PM
146,133,471	Everyone has different things that exacerbate thier UC. Some can handle coffee, some cant. It has nothing to do with coffee being "bad". Do what makes you feel good.	Sunday, Jan 17th 9:34PM
146,133,410	Before being diagnosed, I'd drink 4-5 cups of coffee a day. It does promote bowel movement for me and it also gave me acid reflux. After being diagnosed, I decided to cut my coffee intake to just 2 cups (can't start my morning without it!). My advice is listen to your body, don't overstimulate it, let it rest. P.S. I drink my coffee black. Iced coffee, milk and whipped cream - they all mess with my tummy!	Sunday, Jan 17th 9:32PM
146,133,129	I love my coffee and really miss the caffeine but decaf with coconut oil seems to give me some energy and of course coconut oil is anti-inflammatory.	Sunday, Jan 17th 9:21PM
146,132,870	exercise moderation	Sunday, Jan 17th 9:22PM
146,132,850	My diet doesn't seem to affect my UC. Therefore not sure what I can add	Sunday, Jan 17th 9:21PM
146,132,684	I've actually have transitioned off coffee and now drink Spark from AdvoCare.	Sunday, Jan 17th 9:16PM
146,132,665	Too much caffeine can cause havoc to UC sufferers. One or two cups a coffee a day should be okay. Moderation is key to no flares	Sunday, Jan 17th 9:16PM
146,132,656	use Stevia. Splenda and Aspartame are not healthy	Sunday, Jan 17th 9:16PM
146,132,615	Decaf coffee is a good option. I also buy high quality coffee and use a coffee press. Makes less acidic coffee which is less stressful on my digestive track.	Sunday, Jan 17th 9:10PM
		Sunday, Jan 17th

146,132,380	Sometimes I switch to decaf after my first cup. (I use a Nespresso machine with espresso pods so I can switch it up for each cup)	9:05PM
146,132,360	Moderation	Sunday, Jan 17th 9:10PM
146,132,281	Tried eliminating it but it didn't help.my uc so I drink it when I want. I can tell the sugar is really what causes my stomach to hurt so I use stevia. My naturopath suggested some people have issues with coffee because of the mold growth in the coffee machine even if it is unseen. Some of her patients switched to a percolater which helped.	Sunday, Jan 17th 9:04PM
146,132,169	I drink a cup of coffee about once a week, because I like the taste and the buzz but know the effects. And although milk can make me feel s bit nauseous at times, I still add it! Go figure haha (just doesn't give me that comfort-zone feeling without it).	Sunday, Jan 17th 9:01PM
146,132,062	I love coffee I would like it every day but thinking it might hurt my uc I stopped ,drinking it	Sunday, Jan 17th 8:56PM
146,132,034	I prefer soy milk now instead of regular milk but some places don't have it. I did have one place that used coconut milk which gave it a kick. I avoid all the fattening stuff like whip cream or sprinkles etc. Ground cinnamon is a good flavour.	Sunday, Jan 17th 8:54PM
146,131,996	I only enjoy coffee when my colitis is under control. If I'm in a flare, I skip it. It makes work too difficult for the first couple hours!	Sunday, Jan 17th 8:57PM
146,131,807	I quit drinking coffee when I realized that it was a colitis flare trigger for me. It may be that the increased acidity is not good for me. However, I am a firm supporter that what works for one person may not be applicable for other people so it may not be harmful for others. I also quit drinking wine except on special occasions since it was not good for my intestinal tract. A vry difficult professional decision for a wine educator to make since it meant an end to my career. I would recommend that one eliminate coffee during a flare and see if helps or vice versus eliminate it before a flare to see the results. A conversation with one's physician/nutritionist may also be worthwhile.	Sunday, Jan 17th 8:43PM
146,131,757	I don't think it would cause any problems.	Sunday, Jan 17th 8:47PM
146,131,506	Maybe decrease the number of cups you have a day and make sure you have a really good cup.	Sunday, Jan 17th 8:40PM
146,131,458	I will only drink coffee when I am home b/c it always sends me to the bathroom	Sunday, Jan 17th 8:39PM
146,131,429	Don't think you can flare up by drinking coffee but I do feel coffee irritates the colon. If you are flaring up definitely avoid.	Sunday, Jan 17th 8:32PM
146,131,419	I'll have a cup once every 2-3 months when I have to make an early morning road trip or I'm tired and desperate to stay awake. Coffee increases my number if BMs and makes them loose so I try to avoid it and get the rest I need.	Sunday, Jan 17th 8:36PM
146,131,299	I make sure to drink Swiss water processed decaf coffee and have no problems. Even add almond milk!	Sunday, Jan 17th 8:36PM
146,131,258	Decade coffee only And only when not I a flare	Sunday, Jan 17th 8:34PM
146,131,165	I usually have it after school! I am a teacher and although I really need it/miss it in the morning, I usually play it safe and wait.	Sunday, Jan 17th 8:32PM
146,131,143	Just try tea with milk and honey. U get used to it. Coffee and flare ups are not worth it..if you have UC. If u can handle it, like a cup a day, then avoid sugar!!!	Sunday, Jan 17th 8:28PM
146,130,874	I get cramps when i have full caffinated coffee so i get half decaf and it helps satisfy me without hurting	Sunday, Jan 17th 8:19PM
146,130,562	Not sure if it has affected my symptoms I drink it every day just read Adams book in the last two days and just getting started on the SCD book need to read more and hope to find info about caffeine.	Sunday, Jan 17th 8:10PM

146,130,372	I drink an occasional cup on weekends. I can't drink coffee like I used to- two cups every day. It started causing diarrhea after I drank it, so I had to stop. During the week I drink green tea.	Sunday, Jan 17th 8:11PM
146,130,253	If I do have more than one cup in a row I do believe it impacts my colitis. I also believe if the coffee is stronger it also impacts the colitis.	Sunday, Jan 17th 8:10PM
146,130,133	I have tried to switch to decaf which seems to help, but when I absolutely positively HAVE to have "no schidtt pure coffee" I have it first thing in the morning so I can get thru my spasms before I head to work... Yeah, I just make it a "living dangerously" morning and accept the trade off. My desire for coffee is satisfied and I just don't do it every day. Worth it.	Sunday, Jan 17th 8:08PM
146,130,103	I drink decaf as the caffiene in the coffee tends to make me anxious and causes insomnia	Sunday, Jan 17th 8:09PM
146,129,846	I'm 31 weeks pregnant and drink half caffeine half decaf . No sugar only almond or coconut milk .	Sunday, Jan 17th 8:00PM
146,129,751	Avoid hot brewed coffee and move to true "cold brew" coffee with homemade almond or coconut milk - you can also heat the cold brew up and avoid the acidity of reg coffee..	Sunday, Jan 17th 7:55PM
146,129,690	Limit coffee when your symptoms tell you can quit if they continue	Sunday, Jan 17th 7:56PM
146,129,665	Coffee has no effect during remissions but increases the frequency of loose motions during exacerbations.	Sunday, Jan 17th 7:53PM
146,129,428	Moderation	Sunday, Jan 17th 7:48PM
146,129,275	I haven't drunk coffee for 20yrs plus,used to drink it by the bucketful.Have switched to tea but want to give that up as I have it with sugar and milk,think sugar could be the root of a lot of health problems....only drink it out of habit.Thanks for your interest and newsletters,very informative	Sunday, Jan 17th 7:41PM
146,129,272	The days that I drink coffee are the days that I have the most pain at night :(I drink it very rarely	Sunday, Jan 17th 7:44PM
146,129,186	I deliberately limit the amount of coffee I drink, not because I find it harmful but because I think it naturally limits the amount of water I drink. So I alternate coffee with tea in the winter (when I tend to drink more) because tea for some reason doesn't give me the same "full"feeling and in summer drink much more water than coffee or tea.	Sunday, Jan 17th 7:41PM
146,129,165	Once you get your colitis into remission you might be able to tolerate coffee.	Sunday, Jan 17th 7:36PM
146,128,952	I switched to tea, but I still miss coffee...	Sunday, Jan 17th 7:35PM
146,128,803	I have found that when I am not in a flare, the mocha actually doesn't seem to do anything. If I am in a flare, I basically time when I drink the beverage so that I am not travrlng after having coffee.	Sunday, Jan 17th 7:23PM
146,128,600	Stay away from coffee during active flares. And limit the amount of coffee cups to not more than 3 cups in a day	Sunday, Jan 17th 7:22PM
146,128,435	Hard core coffee drinker. Even if it severely affected my UC while in a flare, not sure I could give it up entirely.	Sunday, Jan 17th 7:19PM
146,128,427	Try de-cafe.	Sunday, Jan 17th 7:15PM
146,128,091	I stopped drinking it in the early days primarily because I was in a "process of elimination" trying to determine what I could & couldn't eat and/or drink. I began experimenting to see if I could handle it & found in small doses I can.	Sunday, Jan 17th 7:10PM
146,127,943	I thnk lots of sugar n anything grows bad gut bugs.	Sunday, Jan 17th 7:08PM
		Sunday, Jan 17th

146,127,793	coffee made my symptoms worse so I had to stop drinking it cold turkey. I used to drink it black. After a few weeks I didnt even think about it anymore.	7:04PM
146,127,765	Coffee definitely affects my colitis but I love it. I only drink it in the morning and only at home. If I get coffee out I get it to go and head home just in case.	Sunday, Jan 17th 6:57PM
146,127,724	I find that I can tolerate decaf okay but not caffeinated.	Sunday, Jan 17th 7:03PM
146,127,678	Never use artificial sugars!! Lighter roast coffee is easier on the colon.	Sunday, Jan 17th 6:58PM
146,127,583	I am not a medical doctor, but even before I was officially diagnosed, caffeine was something that never got along with my gut. I think since being diagnosed I have never tried it because I was told early of the impact caffeine can have on your gut. I have never been a big coffee guy though, I prefer a peppermint tea if anything.	Sunday, Jan 17th 6:55PM
146,127,496	I think caffeine is not good for us	Sunday, Jan 17th 6:59PM
146,127,438	It keeps me regular which is nice. It can bother me a bit when in in a flare. During a flare I will drink less coffee and try to keep it decaf.	Sunday, Jan 17th 6:55PM
146,127,225	switch to cafein free.	Sunday, Jan 17th 6:56PM
146,127,199	When I'm in a flare I don't drink coffee. When I'm not in a flare and have not went to the bathroom in a day or went very little in a day, the next day I will have coffee and that coffee endures me to go to the bathroom. So basically I use it to induce myself when I need to go or want to go. It usually works when I have not gone lately. If I drink it normal and have went once sometimes I go more cuz of the coffee.	Sunday, Jan 17th 6:50PM
146,127,136	I think everybody is different. If you think your body reacts, then don't drink it. I gave it up for a while when I first got diagnosed, but came back to it and it hasn't made a difference one way or another.	Sunday, Jan 17th 6:51PM
146,127,019	I like coffee but one sip and I'm in the bathroom.	Sunday, Jan 17th 6:51PM
146,126,901	I think but am not sure that I should skip coffee during a flare.	Sunday, Jan 17th 6:49PM
146,126,891	Forget coffee. It's not easy.	Sunday, Jan 17th 6:44PM
146,126,772	Dr said its not a good idea. Never asked if it is the coffee or the cafeine or the coffee that is the problem.	Sunday, Jan 17th 6:42PM
146,126,686	Low or no sugar and non dairy powder creamer	Sunday, Jan 17th 6:41PM
146,126,654	I make my coffee very weak & never order in a restaurant or especially places like Starbucks (I miss Starbucks).	Sunday, Jan 17th 6:42PM
146,126,478	When I'm experiencing a flare, I cut back on coffee. During my most recent flare, I cut back my coffee consumption to six ounces a day. That was enough to make me feel like I had my morning coffee but not too much so as irritate my UC symptoms. It really seemed to help.	Sunday, Jan 17th 6:37PM
146,126,475	I find that flavored creamers will set off my symptoms but drinking it black does not.	Sunday, Jan 17th 6:38PM
146,126,471	Stay away from too much caffeine. Since I never acquired a taste for coffee it is one less variable I have to worry for UC.	Sunday, Jan 17th 6:37PM
146,126,215	I hope it's not related to drinking coffee. I love my coffee!	Sunday, Jan 17th 6:34PM
146,126,180	Water it down. Hehehe	Sunday, Jan 17th 6:25PM

146,126,065	I have never noticed a correlation between coffee and flare-ups. So I would urge people not to assume there is one, although there might be for some people.	Sunday, Jan 17th 6:29PM
146,126,000	I have no experience with coffee, at all. I am 59 years old.	Sunday, Jan 17th 6:29PM
146,125,863	I drink coffee everyday except during a flare. During a flare up I find coffee stimulates my bowels more than normal so I avoid it	Sunday, Jan 17th 6:24PM
146,125,861	NA	Sunday, Jan 17th 6:27PM
146,125,840	If I'm having coffee, I make sure I have access to a toilet!	Sunday, Jan 17th 6:25PM
146,125,362	I only started drinking coffee with milk and two sugars 6 years ago, I NEVER drank it in my life before that and I started drinking it as a pregnancy craving. I had been diagnosed with UC in 1999. I have not had any symptoms related to coffee in the past 6 years.	Sunday, Jan 17th 6:14PM
146,125,294	I am just beginning to avoid coffee so not sure if it causes more problems. I don't miss it.	Sunday, Jan 17th 6:15PM
146,125,173	Moderation	Sunday, Jan 17th 6:11PM
146,125,148	I love coffee but can never drink it, because within a few hours to a day it causes a flare up that leaves me unbalanced for a good week or two after.	Sunday, Jan 17th 4:34PM
146,124,983	I feel that the first morning cup is what kick starts my brain. Try to cut down to one cup if you can.	Sunday, Jan 17th 6:05PM
146,124,924	If you have to have caffeine try tea instead.	Sunday, Jan 17th 6:06PM
146,124,894	Caffeine definitely makes me worse, so I've stopped drinking it. When I'm flaring even the acid of decaf is bad for me.	Sunday, Jan 17th 6:06PM
146,124,668	can't do it any good at all. Hard to stop, more addictive than alcohol	Sunday, Jan 17th 6:01PM
146,124,541	Enjoy limited. Preferable decaf when you can.	Sunday, Jan 17th 5:58PM
146,124,492	I drink coffee when I'm not having a flare. If I start having a flare, I cut it out. It's probably not good for me but it is a HUGE part of the culture here in New England. My gastro's nutritionist suggested drinking decaf.	Sunday, Jan 17th 5:56PM
146,124,424	Decaf!!!	Sunday, Jan 17th 5:56PM
146,124,394	Coffee doesn't bother me as much now as it used to. I think moderation helps. I drink 16-20 ounces a day, sometimes less.	Sunday, Jan 17th 5:49PM
146,124,159	no coffee after lunch, unless decaffeinated.	Sunday, Jan 17th 5:51PM
146,123,909	I was a huge coffee drinker when I was diagnosed. Everything I read about UC said to stop caffeine. The hardest thing I have ever done was to stop caffeine. Did it slowly, but still had headaches and lethargy. Will never go back, because it was awful breaking the addiction. Not sure if it helped or not. I went GF at the same time and the medication actually made my flare go away.....w/o caffeine and gluten, I still stayed in the flare. I now drink a hot beverage in the morning of lemon and honey. Feel better when I wake. Don't need coffee to get going.	Sunday, Jan 17th 5:40PM
146,123,652	Try drinking black, most definitely Decaffeinated	Sunday, Jan 17th 5:35PM
146,123,571		Sunday, Jan 17th 5:37PM

	There are some low acid coffees but they aren't that great. If it doesn't bother you, great. I have to make it a once-in-a-	
146,123,557	Caffeine free, sugar free and lactose free must be best for us UCers.	Sunday, Jan 17th 5:37PM
146,123,515	I tried decaf but it doesn't help that much. Was thinking about trying low acidic coffee which I read somewhere that it helps.	Sunday, Jan 17th 5:36PM
146,123,511	Try decaf	Sunday, Jan 17th 5:37PM
146,123,463	Love it, it doesn't always love me	Sunday, Jan 17th 5:37PM
146,123,347	The caffeine irritated the colitis. I was also told the bean itself can irritate colitis.	Sunday, Jan 17th 5:34PM
146,123,334	Too much coffee is proven to cause laxative effects....this may irritate the colon or intestines and cause a flare up....also in my opinion too much caffeine may cause stress which can also cause flare ups.	Sunday, Jan 17th 5:32PM
146,123,267	I can't drink coffee when having a flare up but minimal amount when in remission seems ok but it does tend to vary from day to day	Sunday, Jan 17th 5:33PM
146,123,256	It does help keep me regular when im not in a diarrhea phase....as i switch from constipation to severe diarrhea its quite weird.	Sunday, Jan 17th 5:29PM
146,123,241	Strong coffee actually makes me nauseous when having a flare so try to avoid it altogether and drink loads of tea. I will occasionally treat myself to a coffee once a week but it's always a latte and only one shot	Sunday, Jan 17th 5:29PM
146,123,018	<p>I used to drink it with milk (cappuccino) or with sugar (espresso & 1 sugar). I can't drink instant, gives me a headache. Since giving up the milk, I notice it doesn't have such a bad effect anymore.</p> <p>It can still get things moving in the mornings, so if I'm at home, this is all good.</p> <p>When I used to drink coffee with milk, the cramps would hit and I would have 1-5 minutes to find a bathroom after I drank it!</p> <p>I think American coffee is quite different to the way Aussies make it - there's definitely a huge coffee culture here. I've been to parts of South America, Europe and Asia and nothing beats coffee in Sydney. :)</p>	Sunday, Jan 17th 4:56PM
146,123,006	Black coffee doesn't seem to affect me but if it has dairy or sugar that's when I feel it affects my colitis	Sunday, Jan 17th 5:27PM
146,122,959	Drink filter coffee and not instant.	Sunday, Jan 17th 5:26PM
146,122,801	When it is under control, coffee is not an issue. During flare-ups it is off limits for me.	Sunday, Jan 17th 5:24PM
146,122,677	Coffee gives me loose bowel movements	Sunday, Jan 17th 5:20PM
146,122,628	No coffee during a flare. I can have small amounts in remission but not daily. I don't think it really affects my colitis but it does bother my stomach.	Sunday, Jan 17th 5:20PM
146,122,587	I used to drink 3 to 4 but during bad flare can't drink any when it settles down a bit have one in morning - miss it :(Sunday, Jan 17th 5:11PM
146,122,529	I can't drink coffee at all. It kills me	Sunday, Jan 17th 5:16PM
146,122,524	Please avoid coffee if u want to avoid flares , I wish I had not had coffee in remission as I feel strongly the coffee made me flare again	Sunday, Jan 17th 5:18PM
146,122,486	Can't do coffee, even though I still do... Even decaf!	Sunday, Jan 17th 5:19PM

146,122,400	Take a break for a week and see what happens- try drinking a caffeine heavy tea (like Yerba Mate) to help the headaches.	Sunday, Jan 17th 5:15PM
146,122,258	espresso versus brewed coffee works better for me honey not sugar	Sunday, Jan 17th 5:15PM
146,122,177	I only drink decaf coffee and have never had a problem since switching.	Sunday, Jan 17th 5:13PM
146,122,140	Raw sugar	Sunday, Jan 17th 5:12PM
146,121,964	Dont see a problem	Sunday, Jan 17th 5:07PM
146,121,806	Don't risk it unless you're in super remission and taking your meds.	Sunday, Jan 17th 5:07PM
146,121,758	I can't drink Coffee. Whenever I drink I have to visit washroom immediately and I won't feel good. I also get cramp as well. I only drink tea	Sunday, Jan 17th 5:06PM
146,121,749	Coffee (weirdly including decaf..) is on my no no list along with hi fat, hi sugar or red meat. I've been diagnosed for 10 years now and it definitely sets me off. Even when I'm in remission, if I sneak a Sunday morning cup, it inflames me, leading to either runs or constipation.	Sunday, Jan 17th 5:05PM
146,121,656	I think lattes are probably better than black coffee.	Sunday, Jan 17th 5:05PM
146,121,607	I find that if I drink any coffee, it has a strong effect on my UC. I gave it up many years ago. I do however, dint black tea with a touch of lemon, milk and honey. Need my caffeine	Sunday, Jan 17th 5:04PM
146,121,574	Sugar kills the good bacteria in our gut Sugar feeds free radicals(That we all have) and turn into cancer cells Milk + cream are common allergins If you're looking for coffee - and it doesn't trigger you - go bulletproof coffee	Sunday, Jan 17th 5:03PM
146,121,552	lactose intolerant so I stay away from milk...all coffee is very acidic and will eat your innards if they are inflamed...like salt in a wound...same with teas, very acidic..drink water only...fruit juice is also acidic...	Sunday, Jan 17th 5:01PM
146,121,517	Try to stay away from dairy products if you can. Remove sugar of any kind if you can. Coconut milk works well for me as a dairy alternative.	Sunday, Jan 17th 5:02PM
146,121,419	Screw the UC... Run it don't let it run you.	Sunday, Jan 17th 5:01PM
146,121,097	Coffee does not seem to be a problem for me	Sunday, Jan 17th 4:51PM
146,120,995	I follow the SCD, so coffee is "illegal," and one day I learned why. While having breakfast out with a friend, I thought, "Oh, that smells soooo good." I'll try it again.Bad idea. It went through me fairly quickly and essentially blasted out the other end. I've learned to like tea.	Sunday, Jan 17th 4:53PM
146,120,955	Don't drink coffee when you are flaring. It's horrible. I'm in remission (Entyvio) and I have no issues with coffee. Too much sugar and then I have issues.	Sunday, Jan 17th 4:54PM
146,120,482	I LOVE coffee - I give up A LOT due to my UC, but I can't seem to give up my coffee. I agree that it makes me "go" in the morning, but I don't think it makes my UC "worse".. Cheers :)	Sunday, Jan 17th 4:45PM
146,120,321	McCafe decafe all the way!!!!	Sunday, Jan 17th 4:42PM

146,120,281	When flaring cut it back to 1 coffee, decaf, and try to go without dairy, or half the amount.	Sunday, Jan 17th 4:43PM
146,120,091	If I am having a flare I usually don't drink it, when I am doing well I enjoy one small cup in the am. Coffee has a tendency to stimulate even "normal" folks to have a BM. When I am flaring I don't need that.	Sunday, Jan 17th 4:38PM
146,120,060	I think coffee instigates a flare! I always get chronic cold sores before a flare. Recently I had a cup of black coffee (it smelled so good brewing!!!) and my stomach felt off. Two days later I had a cold sore and my stomach was still off. I stuck to the SCD diet and made sure to take probiotics. Eventually it cleared but I felt as if I continues to drink coffee then I would get a flare. When I had the worst flare of my life, I was drinking coffee everyday.	Sunday, Jan 17th 4:35PM
146,120,035	Coffee definitely affects my UC. Since being diagnosed a year ago and trying to figure out what does/does not affect me I have cut down to no more than 2 cups a day, I use to drink 4-5. It's better but I feel I would be much better if u could completely quit drinking it!	Sunday, Jan 17th 4:36PM
146,119,998	I drink several cups of coffee per day, usually first thing in the morning, to ward off another disease that runs in my family-- Alzheimer's. This usually produces 3-4 bowel movements promptly which while normal now because I'm in remission, would not be a good idea if I wasn't.	Sunday, Jan 17th 4:33PM
146,119,953	Coffee stimulates your digestive system increasing urgency	Sunday, Jan 17th 4:35PM
146,119,916	Coffee causes an immediate reaction to my UC : bloating, cramps and diarrhea.	Sunday, Jan 17th 4:33PM
146,119,739	Could try the bullet proof coffee. I didn't care for it.	Sunday, Jan 17th 4:27PM
146,119,730	It irritates the lining of your digestive tract so during flares I wouldn't recommend especially with milk as it increases mucous	Sunday, Jan 17th 4:29PM
146,119,640	When I am in a flare I can't drink any coffee. I am on Entyvio now so I can eat and drink almost anything, but I keep it down to one cup of cappuccino.	Sunday, Jan 17th 4:25PM
146,119,349	I only drink it when I'm symptom free. It's the first thing I take away when signs of flaring begin and the last thing I add back once I am headed to remission	Sunday, Jan 17th 4:22PM
146,119,333	I don't ever drink coffee but do feel that coffee could affect ulcerative colitis	Sunday, Jan 17th 4:21PM
146,119,329	I wouldn't drink it for months after a flare.	Sunday, Jan 17th 4:22PM
146,119,271	I drink decaf. It doesn't seem to affect my colon, but I cannot drink tea of any kind. I can not explain this!	Sunday, Jan 17th 4:18PM
146,119,245	It caused many more bathroom trips and so I do drink tea, usually decaffeinated, but sometimes regular. I LOVE coffee, bit bc of a flare I can't seem to get out of completely I just drink tea.	Sunday, Jan 17th 4:17PM
146,119,204	take it with food not on an empty stomach.	Sunday, Jan 17th 4:15PM
146,119,161	During a flair I think that coffee can worsen symptoms like urgency and cramping.	Sunday, Jan 17th 4:16PM
146,119,153	Coffee is a bowel stimulant and irritant - very important for us with UC to know bc while we may be able to tolerate some amount of caffeine over time and increasing dosage it is problematic and can really aggravate your symptoms and disease. Caffeine also contributes to leaky gut. On the flip side: If you depend on it for a bowel movement - that is not a healthy relationship with coffee. You should be able to go 1-3x/day without coffee. That's a sign of healthy bowel function. plenty to read up on this with some Google searching...	Sunday, Jan 17th 4:10PM
146,119,104	By all means stop coffee !!! Period !!	Sunday, Jan 17th 4:16PM
		Sunday, Jan 17th

146,118,995	I love my daily Latte and won't give it up ... unless it would cure my UC but that's not going to happen !	4:10PM
146,118,977	If you drink coffee, then carry an extra toilet paper with you.	Sunday, Jan 17th 4:12PM
146,118,954	I drink weak coffee. Strong coffee gives me cramps & diarrhea.	Sunday, Jan 17th 4:11PM
146,118,776	I think it was the caffeine that caused my flares.	Sunday, Jan 17th 4:09PM
146,118,640	Moderation. Also- if it's simply the taste you like go for decaffeinated coffee..I find that it is easier on my colitis.	Sunday, Jan 17th 4:07PM
146,118,631	Used to drink coffee b4 UC and it would stimulate rhe AM BM. I believe that, post UC, my AM BM doesn't need to be stimulated.	Sunday, Jan 17th 3:58PM
146,118,561	Enjoy it as long as your tummy doesn't hurt because of it.	Sunday, Jan 17th 4:00PM
146,118,557	Coffee only has an effect on my colitis seemingly during a flare up.	Sunday, Jan 17th 4:05PM
146,118,395	Just stick to decaf and drink it more sparingly. If you are having a flareup, use some self control and avoid it altogether!! I really love my coffee but I know that I'm going to pay a price if I am not thoughtful about my consumption.	Sunday, Jan 17th 3:56PM
146,118,379	give it up if you can	Sunday, Jan 17th 3:59PM
146,118,350	Coffee is probably ok, but cream and sugar a no no	Sunday, Jan 17th 4:00PM
146,118,325	If you enjoy coffee and you can tolerate it pretty well, then go for it. I was able to tolerate it when in a UC flare. Sometimes there trips to Starbucks in a day. Now that I have a new jpouch, I find it sometimes makes me nauseous. But I still loooove coffee.	Sunday, Jan 17th 3:57PM
146,118,283	I used to do bulletproof coffee daily, but I realized that it was bothering me. I can have small amounts of coffee here and there and be ok, but daily increases my symptoms. So do dairy products.	Sunday, Jan 17th 3:49PM
146,118,107	For more than 20 years I rarely drink coffee but it is decaf, I drink decaf tea, CAFFINE free soft drinks	Sunday, Jan 17th 3:54PM
146,118,004	I love enjoy a cup of coffee or less when my UC is not flared up. During a UC flare I do not drink coffee or I will make just 1/4 cup if I feel I must have. But usually during a flare my body tells me no.	Sunday, Jan 17th 3:51PM
146,117,813	My GI Dr says that nothing you eat or drink causes your uc to flare up. Only people with ibs can trigger flare-ups due to food, so is she right or wrong??	Sunday, Jan 17th 3:47PM
146,117,769	Don't drink it on an empty stomach i.e. first thing in the morning	Sunday, Jan 17th 3:36PM
146,117,765	the coffee does help you go to the bathroom -- but delicate balance. i use it medicinally, i never have lattes or any milk based coffee - nor milkshakes, or regular ice-cream.	Sunday, Jan 17th 3:46PM
146,117,681	I've never noticed coffee bothering my stomach if it's homemade, but if I go to Starbucks or somewhere else then I will be going to the bathroom soon. So I stick with my own. I also add honey and coconut oil (just 1/2 tsp)	Sunday, Jan 17th 3:43PM
146,117,680	Some times when I get constipated I drink caffeine instead of decaf. This promotes me to have a bowel movement soon after. Other wise caffeine usually stimulates the bowel too much and causes diarrhea which usually leads to a flareup with too much stimulation..	Sunday, Jan 17th 3:36PM
146,117,616	I quit coffee during a flare. Once the flare was over, I didn't end up going back on coffee. I've been drinking black tea and don't miss the coffee at all anymore.	Sunday, Jan 17th 3:43PM

146,117,581	I gave up coffee during an extended flare up. I am now on Remicade and in remission. I have returned to drinking coffee in the morning but limit myself to 1 to 3 cups, much less than I use to drink. Also, I will add milk or creamer to ease the strength of the coffee.	Sunday, Jan 17th 3:40PM
146,117,510	I have a type of psoriasis and the caffeine in coffee. Seems to help with autoimmune problems. Tree nut allergy especially to hazelnuts.	Sunday, Jan 17th 3:36PM
146,117,451	Currently pregnant and going caffeine-free. It's worth going through a few days of headache (withdrawal symptoms I assume) but once you've done it, you feel better for not needing/wanting caffeine. Your body doesn't actually need it, the only reason you crave coffee is because your body is used to it not because you need the caffeine.	Sunday, Jan 17th 3:34PM
146,117,362	Coffee helps move me in the mornings. It also helps settle gut discomfort. However, one must respect one's UC and drink coffee in moderation. I personally try to keep coffee to no more than three/four a day. Take care and peace in UC world.	Sunday, Jan 17th 3:35PM
146,117,293	I don't drink coffee. But I do drink diet caffeinated soda; at this point my biggest problem with UC is bloating and I'm sure the carbonation doesn't help. But I guess I don't suffer enough (yet?) to give it up. My sugar habit compounds the problem.	Sunday, Jan 17th 3:35PM
146,117,289	I try to drink only real 'filter' coffee with almond milk with a small quantity of brown sugar. Generally 3 or 4 cups a day, the caffeine may stimulate me to go to the loo but with no adverse affects when I'm in remission. Infact I use coffee to make me go - like a control thing. When I'm in a flare I find everything is an issue - coffee, texting, breathing etc....	Sunday, Jan 17th 3:24PM
146,117,267	Real sugar not alot little creamer no milk	Sunday, Jan 17th 3:34PM
146,117,253	Coffee definitely increases my bowel movements. When I'm on prednisone coffee doesn't bother me, but when I am off of prednisone I have to drink it sparingly. Normally just on weekends.	Sunday, Jan 17th 3:33PM
146,117,250	Speaking only from personal experience, I think drinking coffee actually helps my UC. It facilitates the emptying of my intestines in the morning, which is usually one or two good poops followed by a fair amount of loose to completely liquid poops. Once emptied, fortunately I'm pretty much (not always) okay for the rest of the day as long as I'm not in a bad flare. My intestines seem to respond well to the 4ish cups of coffee I drink in the morning.	Sunday, Jan 17th 3:32PM
146,117,240	I feel it is probably more bases on your lactose intolerance levels as to how severe it effects people.	Sunday, Jan 17th 3:34PM
146,117,209	If your in remission I see no problems with it. When I was in a flare it wasnt pretty.	Sunday, Jan 17th 3:34PM
146,117,195	The only coffee I have touched in 4 years is decaf!	Sunday, Jan 17th 3:34PM
146,117,192	Is coffee a problem with Colitis?	Sunday, Jan 17th 3:31PM
146,117,189	I don't think coffee affects my colitis, but I do think it makes you go to the bathroom. I have switched to decaf with no problems. When in remission I can drink one caffeinated cup per day.	Sunday, Jan 17th 3:33PM
146,117,128	I have never had a problem with coffee affecting the UC. I have one shot of espresso daily, along with chocolate syrup, and filled with non fat milk. (A latte). I did this prior to having UC, and have never changed that habit or stopped it. I have had UC since the late 90's so about 20 years.	Sunday, Jan 17th 3:29PM
146,117,122	I don't usually drink coffee during flare ups. I will add decaf back gradually. During good times, I allow myself one cup of regular coffee in the mornings.	Sunday, Jan 17th 3:30PM
146,117,096	I seem to do fine on decaf. I do not use lactose-containing milk or cream. I do not use almond or soy milk because they contain mostly fillers like carageenan that have been shown to cause inflammation. I use lactaid and a little sugar.	Sunday, Jan 17th 3:31PM

146,116,980	I haven't been game to risk it since I got diagnosed with severe UC	Sunday, Jan 17th 3:28PM
146,116,959	If having a bad flare, cut out the coffee for a bit until things get better because it may aggravate symptoms. I usually make my coffee at home and I try not to make it too strong.	Sunday, Jan 17th 3:25PM
146,116,904	I am finding that if I have coffee first thing, it goes straight through me. However, if I wait until mid-morning, when my food has had time to digest and my belly has something in it, I seem to tolerate it much better	Sunday, Jan 17th 3:25PM
146,116,903	I have trouble if I dont add milk to my coffee. And im in remission from long time ...	Sunday, Jan 17th 3:25PM
146,116,844	Not sure coffee hurts. My coworker who also has UC drinks a cup or 2 every day . He has been in remission for 5 yrs. I've been in remission for 14 months	Sunday, Jan 17th 3:26PM
146,116,807	I used to drink coffee pre colitis about 1-2 cups a day. I realised i cant tolerate it and i completely stopped drinking it. I drink tea instead now.	Sunday, Jan 17th 3:26PM
146,116,727	I only drink coffee when my gut is calmed down.. Then it may be only 2 or 3 cups a week.	Sunday, Jan 17th 3:22PM
146,116,724	I don't think it helps with colitis, especially in a flare up	Sunday, Jan 17th 3:24PM
146,116,696	I have problems with caffeinated tea so suspect caffination may be the issue = uncaffinated tea no problems	Sunday, Jan 17th 3:23PM
146,116,684	I only checked alcohol as a bad idea because sometimes it has a bad effect. Sometimes coffee does, sometimes not. Same with my drink of choice, black tea. I never know when I'll have a response to something.	Sunday, Jan 17th 3:22PM
146,116,677	Switch to tea!	Sunday, Jan 17th 3:23PM
146,116,613	Goats milk almond, soya coconut milk, not cows milk due to hard to digest enzymes.	Sunday, Jan 17th 3:21PM
146,116,598	Have it with dairy free add ins like coconut milk or almond milk and decaffinated seems to be better. According to my naturopath coffee was never meant to be an everyday drink and is terrible for our digestive tract. Once in a while 4oz here and there is what it is meant for. Like a dessert drink. I tend to stick to tea now.	Sunday, Jan 17th 3:20PM
146,116,587	There are times where I start getting that flare up feeling brewing and I cut out caffeine all together especially coffee.	Sunday, Jan 17th 3:20PM
146,116,549	I find if its half milk and half water its fine	Sunday, Jan 17th 3:20PM
146,116,524	When mystomach is in good shape, I can drink coffee. Never with any caffeine! Artificial sweeteners can cause a headache.	Sunday, Jan 17th 3:17PM
146,116,502	I started to drink it black and cut out the dairy and sugar. It doesn't affect my UC as I can go for long periods of regular and solid BM's while not cutting back on coffee consumption.	Sunday, Jan 17th 3:17PM
146,116,496	Non-dairy creamer and splenda	Sunday, Jan 17th 3:19PM
146,116,477	Iv been drinking coffee since being diagnosed 3 years ago with uc and doesn't seem to have effect on uc either way ,maybe in a flare I wouldn't drink so much as it can irritate bowel especially lattes or cappuccinos ,	Sunday, Jan 17th 3:17PM
146,116,461	I run to the bathroom right after even decaff	Sunday, Jan 17th 3:19PM

146,116,452	Coffee is the absolute WORST thing for my Colitis. Stopping coffee was the best thing I ever did; if I started drinking coffee every day, I'd be back in the Hospital again. Even when I was on powerful immuno-suppressants (remicade & imuran), I could not drink coffee without having problems. My advice to anyone with severe Colitis: You should change your diet and stop drinking coffee!	Sunday, Jan 17th 3:15PM
146,116,413	Drink mint tea with honey instead	Sunday, Jan 17th 3:13PM
146,116,407	I only started to drink coffee after I was diagnosed with UC and I lost my strength and energy. Now I get strength thru coffee and it helps my digestion system as the coffee reduced the constipation. Because I have UC, when ever I get constipated I find myself in pain feeling like a flare	Sunday, Jan 17th 3:15PM
146,116,365	I don't drink coffee but if you can't do without it I would drink caffeine free	Sunday, Jan 17th 3:15PM
146,116,307	If I have more than one type of coffee/ cappacino/latte or mocha I can sometimes get bad griping pains for most of the day And become very uncomfortable Often rresulting in toilet urgency.	Sunday, Jan 17th 3:08PM
146,116,247	I don't think coffee causes a flare, but when I am in a flare I cut it out. I try not to use dairy or sugar. I think dairy and sugar are the two foods that affect my colitis the most.	Sunday, Jan 17th 3:12PM
146,116,175	Iced seems better than hot!	Sunday, Jan 17th 3:12PM
146,116,155	I tend to drink coffee only a few times per month. Coffee doesn't affect me, as far as I know, while I'm in remission, but I feel better off when I'm not reliant on coffee. I drink it occasionally as more of a treat, and I think it's fine on occasion. But since coffee is a diuretic, I think it's best to limit it for those of us with UC.	Sunday, Jan 17th 3:07PM
146,116,113	It's fine when I'm not flaring	Sunday, Jan 17th 3:12PM
146,116,087	It's the caffeine that affects my colitis	Sunday, Jan 17th 3:11PM
146,116,084	I just think its a real shame. I cant risk drinking it when I am out, so I just have to settle for lemon and ginger tea in coffee shops!	Sunday, Jan 17th 3:09PM
146,116,051	Drink it in a place you are near a bathroom lol	Sunday, Jan 17th 3:11PM
146,116,041	i find coffee with a meal is better tolerated than coffee on an empty stomach	Sunday, Jan 17th 3:11PM
146,116,023	I have gone caffeine free and it helps me	Sunday, Jan 17th 3:10PM
146,116,015	Coffee makes my colitis worse when I'm in remission it can start my symptoms	Sunday, Jan 17th 3:07PM
146,116,014	Coffee causes inflammation. If you are in a flare, it's probably best to avoid as much as possible. I don't find that it impacts me negatively if I'm not flaring, but I do try to stick to just 1 cup a day to be safe.	Sunday, Jan 17th 3:10PM
146,115,991	I miss it in the morning.	Sunday, Jan 17th 3:08PM
146,115,987	Depending on how severe is your UC, a cup of coffee wouldn't hurt and try your best to drink more decafe! I feel like iced coffee is best for us UCers because the ice kind of kills the strong caffeine in the coffee . From, a caffeine addict with UC	Sunday, Jan 17th 3:08PM
146,115,970	Great if you get constipation, but if you get nervous bowels or suffer from anxiety quit altogether. If you are not sure if it affects you like me, I just put half to three quarters of a teaspoon of decaff and put less milk in.	Sunday, Jan 17th 3:07PM
146,115,966	None	Sunday, Jan 17th 3:09PM

Sunday, Jan 17th

146,115,955	What works for me is to have just under half a cup of coffee to satisfy the crave and give me a kick for work. Finishing the entire cup usually ends up sending to the can.	3:07PM
146,115,935	I think that coffee stimulates my bowels so that my stools are loose, but I have been recently diagnosed hat my colitis is in remission	Sunday, Jan 17th 3:06PM
146,115,930	Don't drink it, I LOVE coffee, the smell, the taste, I just don't drink it! Not worth the chance !	Sunday, Jan 17th 3:08PM
146,115,922	When I'm feeling good I drink a little coffee because I enjoy it. When I'm not feeling good I avoid it.	Sunday, Jan 17th 3:05PM
146,115,891	Try decaff? Half the effect is psychological.	Sunday, Jan 17th 3:07PM
146,115,826	Coffee doesn't cause flare-ups for me. I only avoid it when I'm already having a flare.	Sunday, Jan 17th 3:06PM
146,115,817	Try decaf or chicory!	Sunday, Jan 17th 3:06PM
146,115,783	Don't drink instant coffee	Sunday, Jan 17th 3:05PM

Question
08

If you'd like to add a picture, feel free to do so here.

Answers

36

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Skips

939

96%

146,283,514	Grandma Marks and Megan 10 14.jpg (84 kB)	Monday, Jan 18th 10:54PM
146,280,818	DSC07398.JPG (2 MB)	Monday, Jan 18th 10:24PM
146,261,709	image.jpeg (106 kB)	Monday, Jan 18th 6:04PM
146,261,301	image.jpeg (2 MB)	Monday, Jan 18th 5:51PM
146,251,854	005.JPG (2 MB)	Monday, Jan 18th 2:50PM
146,248,372	Phone Pic.jpg (1 MB)	Monday, Jan 18th 1:46PM
146,244,498	image.jpg (226 kB)	Monday, Jan 18th 1:48PM
146,170,871	20160118_085247.jpg (395 kB)	Monday, Jan 18th 11:21AM
146,143,787	IMG_3098.JPG (3 MB)	Monday, Jan 18th 3:12AM
146,137,583	image.jpeg (1 MB)	Sunday, Jan 17th 11:36PM
146,137,572	image.jpeg (945 kB)	Sunday, Jan 17th 11:34PM
146,135,434	image.jpeg (282 kB)	Sunday, Jan 17th 10:31PM
146,134,279	image.jpg (114 kB)	Sunday, Jan 17th 9:59PM
146,134,254	image.jpeg (217 kB)	Sunday, Jan 17th 10:01PM
146,133,457	image.jpeg (140 kB)	Sunday, Jan 17th 9:36PM

146,133,188	me.jpg (2 MB)	Sunday, Jan 17th 9:29PM
146,133,129	image.jpeg (284 kB)	Sunday, Jan 17th 9:21PM
146,132,684	image.jpeg (1 MB)	Sunday, Jan 17th 9:16PM
146,129,846	image.jpg (251 kB)	Sunday, Jan 17th 8:00PM
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146,123,256	IMG_20150910_230400.jpg (309 kB)	Sunday, Jan 17th 5:29PM
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146,122,529	VZM.IMG_20160110_220136.jpg (76 kB)	Sunday, Jan 17th 5:16PM
146,121,097	image.jpg (224 kB)	Sunday, Jan 17th 4:51PM
146,120,796	Skip.jpg (271 kB)	Sunday, Jan 17th 4:46PM
146,119,851	IMGP2560.JPG (3 MB)	Sunday, Jan 17th 4:31PM
146,119,739	image.jpg (268 kB)	Sunday, Jan 17th 4:27PM
146,119,333	002.JPG (2 MB)	Sunday, Jan 17th 4:21PM
146,118,395	IMG_1709.JPG (2 MB)	Sunday, Jan 17th 3:56PM
146,118,325	WP_20160110_001.jpg (1 MB)	Sunday, Jan 17th 3:57PM
146,117,680	Jan 2016.jpg (234 kB)	Sunday, Jan 17th 3:36PM
146,117,362	11651024_10153028452947613_1320240278_n.jpg (68 kB)	Sunday, Jan 17th 3:35PM
146,117,128	DSC00041.JPG (2 MB)	Sunday, Jan 17th 3:29PM
146,115,922	image.jpg (185 kB)	Sunday, Jan 17th 3:05PM