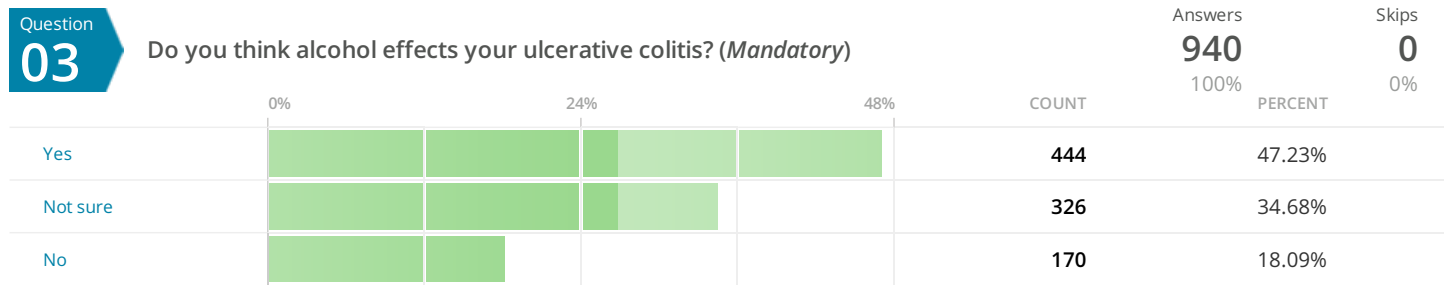


Result Details



Please help us understand why you selected this answer

Comments
523

- 160,130,310

Having to many drinks in a night makes for a painfull and burning next day

Friday, Aug 19th 11:34AM
- 160,118,257

I think it makes UC worse if you're starting or going through a flare. But, if you're drinking good alcohol I'm not sure alcohol itself causes a flare. I've been drinking more alcohol (good stuff, not the cheap stuff) this year than I have since college and my recent colonoscopy just showed deep remission.

Friday, Aug 19th 7:27AM
- 160,105,779

I have a very weak mixed fruity drink on a special occasion. A weak drink maybe once every four months.

Friday, Aug 19th 12:54AM
- 160,101,175

Often gives gas, loose stool and is an onset to a flare up. Fermented drinks like wine & beer do not do well.

Thursday, Aug 18th 8:39PM
- 160,097,144

when I drink wine, I get pain in my sides, when I stop for a few days the pain goes away.

Thursday, Aug 18th 8:03AM
- 160,095,324

Any product made with yeast like beer and wine are a no no for me

Thursday, Aug 18th 4:54PM
- 160,094,273

I don't drink much. I was on methotrexate for a while and couldn't drink then. I have noticed fruity drinks (like margaritas or daiquiris) can upset my stomach. I'm not sure if other drinks affect my UC.

Thursday, Aug 18th 4:28PM
- 160,070,821

I do not believe alcohol has anything to do with helping to cause a flare up with my ulcerative colitis but when I do have a flare up and I have my first mouthful of red wine it does tend to make me go to the toilet fairly quickly afterwards. After that initial mouthful I'm fine with all the rest.

Thursday, Aug 18th 8:33AM
- 160,062,270

not feeling well when having alcohol, more pain -diarrhea

Thursday, Aug 18th 5:30AM
- 160,058,584

I don't notice any appreciable difference on the occasions when I drink. Let me add that I drink in moderation, and mainly whisky rather than wine. If I do drink wine, it's usually two glasses max.

Thursday, Aug 18th 3:52AM
- 160,058,112

If I'm having a flare it definitely makes me feel worse. If I'm in remission, I'm typically fine. One drink might be fine in a flare, but binge drinking is bad news. However, I generally completely avoid alcohol until I'm completely in remission.

Thursday, Aug 18th 3:34AM
- 160,056,774

I really am not sure if it does as I don't drink at all...for many long years...





















Thursday, Aug 18th 2:47AM
- 160,051,882

I haven't been drinking, but bleeding. When I was drinking at the beginning of summer, I was fine.

Wednesday, Aug 17th 11:05PM
- 160,050,294

When ever I drink I become neausus and sometimes will even wake from a sound sleep and vomit

Wednesday, Aug 17th 9:56PM

 160,046,608	I have given up drinking alcohol for extended time periods and find it doesn't make a difference with my UC symptoms. If I drink too much I will suffer the next day.	Wednesday, Aug 17th 8:20PM
 160,044,776	When I am in remission can drink moderately. When I'm in a flare up water bothers me. Food is another story altogether.	Wednesday, Aug 17th 7:38PM
 160,042,652	Just finding out about all the problems related to UC	Wednesday, Aug 17th 6:30PM
 160,040,511	I use to have a glass of wine or cocktail when I went out for dinner. I noticed shortly after I would have a minor flare up. It's not worth the pain and aggravation so I haven't had a drink in s long time!	Wednesday, Aug 17th 5:10PM
 160,038,390	I would think drinking alcohol would make the intestines more inflamed.	Wednesday, Aug 17th 4:02PM
 160,037,189	I do not seem to get any symptoms after four or five pints	Wednesday, Aug 17th 3:35PM
 160,035,727	only in a flair	Wednesday, Aug 17th 2:23PM
 160,031,057	I've noticed a worsening of symptoms when I drink hard alcohol.	Wednesday, Aug 17th 1:07PM
 160,027,964	Spirits certainly make my stomach sore. Also cider in large amounts. I stick to beer.	Wednesday, Aug 17th 11:50AM
 160,027,907	I just stopped drinking for 3 months. Now trying a drink a couple times - I believe it's causing some symptoms the next morning, but it's hard to attribute it to just the alcohol.	Wednesday, Aug 17th 11:48AM
 160,013,419	It's hard to decide if I'm having side effects of alcohol or UC after drinking	Wednesday, Aug 17th 7:52AM
 160,011,570	Makes stomach run	Wednesday, Aug 17th 7:19AM
 160,009,661	Pills and alcohol don't mix	Wednesday, Aug 17th 6:34AM
 160,008,729	I never tried alcohol.	Wednesday, Aug 17th 6:08AM
 160,004,984	I find the alcohol irritates my colon, causing me to bleed more.	Wednesday, Aug 17th 4:41AM
 160,003,559	I drink moderately and as long as I watch my diet it doesn't seem to bother me .I can't drink on an empty stomach and have had to pay attention to types of beer that agree with me and sangria....again I say moderately	Wednesday, Aug 17th 3:46AM
 160,001,064	My GP warned me,alcohol is bad for UC	Wednesday, Aug 17th 2:45AM
 159,997,631	Alcohol has a direct impact on my colitis meaning that after 1 or 2 drinks, I start getting issues like stomach cramps.	Wednesday, Aug 17th 12:40AM
 159,997,210	I was diagnosed with UC about six months after my daughter was born so I hadn't been drinking alcohol for a while. When I tried it again, it triggered a flare so I have avoided it ever since.	Wednesday, Aug 17th 12:23AM
	Never experienced.	Tuesday, Aug 16th 10:49PM

159,994,456



When I drink hard liquor it's harder on my stomach. I try to stick with a few beers. When I drink too much alcohol, it has lead to flare ups.

159,994,056

Tuesday, Aug 16th
10:33PM



Sometimes it gives me more frequent and looser stool-- sometimes it doesn't. Not sure if I eat richer food when I drink alcohol

159,992,974

Tuesday, Aug 16th
10:13PM



I don't always drink beer but my worst flare ups have been when I hadn't drank in months. I stay hydrated during the day and have a couple of beers in the evening. I will say that light beer seems to be better for me and I don't think hard liquor is good for any health purposes.

159,989,617

Tuesday, Aug 16th
8:22PM



If I drink I pay for it for days. I can get away with one beer but anything more is playing with fire

159,988,983

Tuesday, Aug 16th
8:37PM



It makes the symptoms worse

159,988,267

Tuesday, Aug 16th
8:29PM



I have microscopic colitis

159,987,667

Tuesday, Aug 16th
8:20PM



Red wine makes me bleed hard liquor does the same. White wine in moderation no blood

159,987,381

Tuesday, Aug 16th
8:13PM



When I did drink I would get bad stomach pains and if I drank to excess would have horrible hangovers that seemed to last at least 3 or 4 days.

159,986,433

Tuesday, Aug 16th
7:52PM



I sometimes will get severe abdominal cramping and bloating after drinking. Especially if it's more than one drink. I feel the sugar alcohol in it triggers something?

159,986,212

Tuesday, Aug 16th
7:45PM



I don't see a direct correlation

159,985,594

Tuesday, Aug 16th
7:45PM



it seems to aggravate symptoms

159,983,315

Tuesday, Aug 16th
7:12PM



I noticed my symptoms worsened when I consumed alcohol. I therefore decided to give up my beloved wine last year.

159,980,937

Tuesday, Aug 16th
6:37PM



When active I get a burning feeling in my stomach amd it just does not sit well with me.

159,979,801

Tuesday, Aug 16th
6:19PM



Don't drink, so it does not effect me.

159,975,991

Tuesday, Aug 16th
4:56PM



I would try a drink or two. I am more fearful of fruit and vegetables than I am of alcohol.

159,975,404

Tuesday, Aug 16th
4:39PM



See no change whether I drink or not.

159,975,259

Tuesday, Aug 16th
4:45PM



Because no one has told me the effects of alcohol will have on my UC

159,975,208

Tuesday, Aug 16th
4:43PM



The sugars in the alcohol are think is a trigger

159,974,478





















Tuesday, Aug 16th
4:33PM









































my digestive capabilities have hugely reduced and alcohol just doesn't feel right any more






















159,973,287





















Tuesday, Aug 16th
4:12PM





















 159,973,256	Sometimes I have diarrhea after drinking	Tuesday, Aug 16th 4:14PM
 159,971,640	Depends on the alcoholic drink I choose.	Tuesday, Aug 16th 3:45PM
 159,969,309	I believe red wine effects the gut negatively in general. But that may go for "normal" people as well.	Tuesday, Aug 16th 3:04PM
 159,968,689	The small amount I have I don't notice any changes. I have a glass of wine one to three days per week.	Tuesday, Aug 16th 2:47PM
 159,964,883	Since I always seem to be having some symptoms, I have NO idea what the cause might be from.	Tuesday, Aug 16th 1:59PM
 159,963,348	I don't know for sure that it does...I just don't drink to make sure it doesn't....I HATE flares!	Tuesday, Aug 16th 1:36PM
 159,963,221	Moderate use no over indulgence yes	Tuesday, Aug 16th 1:31PM
 159,961,742	When I'm in a flare, it adds to it. When I'm in balance, the alcohol doesn't affect it as much.	Tuesday, Aug 16th 1:09PM
 159,961,368	before i started bleeding for the first time i use to drink 4-5 time a week. each time i drank my condition used to be worse.	Tuesday, Aug 16th 1:01PM
 159,961,129	It tends to make symptoms appear.	Tuesday, Aug 16th 1:06PM
 159,961,022	if I start drinking alcohol as soon as I have my first drink the pain worsens til I feel like my tummys on fire iv tried different drinks but any alcohol has the same effect so I only drink on very rare occasions as I know I'm going to suffer as soon as I start drinking	Tuesday, Aug 16th 1:01PM
 15	Educate he's bloody stools	Tuesday, Aug 16th 12:59PM
 159,959,997	The morning after alcohol i have alot of gas and have to toilet more than usual	Tuesday, Aug 16th 12:42PM
 159,958,010	Every time I had a big flare start I had drank strong alcohol the day before. Will NEVER drink alcohol again.	Tuesday, Aug 16th 12:27PM
 159,955,488	Bad the next day.	Tuesday, Aug 16th 12:05PM
 159,953,808	if someone told me I couldn't have it, I would probably stress more and it would therefore affect my UC	Tuesday, Aug 16th 11:31AM
 159,953,244	I TAKE MY MEDS. DOESN'T MAKE ANY DIFF. IF I DRINK OR NOT, IM IN REMISSION.	Tuesday, Aug 16th 11:21AM
 159,953,006	Most of the time, I notice no ill effects from drinking. However, I do notice that certain brands or kinds of wine/beer/liquor can affect my colitis. So, just like avoiding certain foods, I simply avoid certain alcoholic drinks, sticking to the ones I know don't bother me.	Tuesday, Aug 16th 11:06AM
 159,951,193	Beer and wine definitely do. I have good luck with clear distilled spirits like gin in moderation.	Tuesday, Aug 16th 10:42AM
 159,949,780	Red wine and Vodka does but white does not.	Tuesday, Aug 16th 10:25AM





















 159,949,674	because i get more bloody stools after drinking	Tuesday, Aug 16th 10:20AM
 159,948,534	I can manage a glass of white wine, or red wine. Even some Pimms this summer. Unfortunately not beer anymore, twice recently beer has had a fairly dramatic effect on my digestion (ahem). I usually dilute the wine with sparkling water. I would stay away from all alcohol on a bad day/week.	Tuesday, Aug 16th 10:01AM
 159,948,265	I don't drink enough alcohol to really know if it affects me	Tuesday, Aug 16th 9:56AM
 159,947,454	Never felt different as drink occasional glass of white wine	Tuesday, Aug 16th 9:42AM
 159,947,112	I have an occasional glass of wine but I do drink mixed drinks when that's what is being offered when we're out. As long as I'm on my lialda I don't notice any difference from what I eat or drink.	Tuesday, Aug 16th 9:30AM
 15	If I drink anythign with gluten, it flares my colitis.	Tuesday, Aug 16th 9:23AM
 159,945,827	I have a couple beers on weekends. Good craft beer. I know it'd be better if I didn't....	Tuesday, Aug 16th 9:12AM
 159,944,815	I drink when not in a flare	Tuesday, Aug 16th 8:55AM
 159,944,571	The last time I drank not overly much I was vomiting blood and was very ill.	Tuesday, Aug 16th 8:51AM
 159,944,382	not sure, if it does it isn't often	Tuesday, Aug 16th 8:49AM
 159,943,551	It gives me diarrhoea which isn't ideal	Tuesday, Aug 16th 8:33AM
 159,942,633	Moderation , no impact. Limit to not more than two consecutive days.	Tuesday, Aug 16th 8:17AM
 159,942,562	Before uc i had used alcohol 2 to 3 times a week then after diagnosed i had left and my health is no quite well and immunity power has loss and after 5 years again i used to drink some times and my health is quite well than before .	Tuesday, Aug 16th 7:54AM
 159,942,084	2 beers a day until 3 weeks ago. No alcohol since because started a new med. No noticeable changes.	Tuesday, Aug 16th 8:05AM
 159,941,883	Beer and carbonated drinks for sure. Add to the bloating and pain	Tuesday, Aug 16th 8:02AM
 159,941,181	I drink on occasion for social events. I don't think a few occasional drinks would cause a flare however I would not have alcohol if I were flaring in fear it would get worse.	Tuesday, Aug 16th 7:48AM
 159,940,664	when I drink alcohol,I experience running stomach,abdominal pains,boating and cramps.	Tuesday, Aug 16th 7:21AM
 159,940,652	I see no symptomatic changes if I drink alcohol or don't drink alcohol.	Tuesday, Aug 16th 7:38AM
 159,939,560	If I drink alcohol I am more likely to experience symptoms (blood and mucus) over the next couple of days	Tuesday, Aug 16th 7:18AM
 159,939,476	I do find that a little bit of alcohol does make me have a severe flareup	Tuesday, Aug 16th 7:14AM




















 159,938,459	I'm usually sick the next day.	Tuesday, Aug 16th 6:58AM
 159,938,301	Last flare was massive nearly lost my large bowel. It was after one night of drinking heavily which I hadn't done for some time. Have tried to have a social drink (glass of wine) since and symptoms re occurred so don't touch alcohol at all now.	Tuesday, Aug 16th 6:42AM
 159,938,182	After drinking I get horrible pains in my stomach!	Tuesday, Aug 16th 6:52AM
 159,937,641	I have sharp pain in guts that wakes you, increase anxiety, Aches and pains not to mention the change in stools toilet pain and if I don't keep hydrated (how much do I have to drink to cause this 100ml of champagne, or 2-3 glasses of beer or glass of wine but not all the time) I get severe dehydration symptoms Inc.	Tuesday, Aug 16th 6:28AM
 159,936,970	Depending on what I drink. Certain types of beer and how much I drink can bother me. Vodka and wine don't bother me	Tuesday, Aug 16th 6:20AM
 159,935,970	haven't had alcohol in a long time	Tuesday, Aug 16th 6:03AM
 159,934,765	Drink regularly with no apparent effects	Tuesday, Aug 16th 5:31AM
 159,934,752	If I have too much I often get a mini flare. At small quantities I'm ok.	Tuesday, Aug 16th 5:31AM
 159,934,742	I have not noticed any increase or decrease in UC symptoms.	Tuesday, Aug 16th 5:31AM
 159,934,147	My UC is so unpredictable I never know what triggers it	Tuesday, Aug 16th 5:15AM
 159,932,597	Didn't drink for 4 months after being diagnosed, was prescribed prednisone which am due to finish in 3 days time. Am currently on holiday and have had a drink every day with no colitis effects yet. Will go back to not drinking much when back from holiday though.	Tuesday, Aug 16th 4:32AM
 159,931,093	It depends on what you are drinking. I find that some drinks that are too acidity does affect, has it bloats out my stomach.	Tuesday, Aug 16th 3:52AM
 159,930,983	I notice that I have more diarrhea and bleeding when I drink alcohol. Also more bloating.	Tuesday, Aug 16th 3:52AM
 159,930,692	Don't notice any difference whether I do or don't. Sometimes on the odd occasion I overdo it I actually think it quiets the symptoms!	Tuesday, Aug 16th 3:37AM
 159,930,504	it defiantly irritates my bowl.	Tuesday, Aug 16th 3:36AM
 159,930,348	When I was first diagnosed, in the lead it to first becoming ill I had been drinking quite a lot, especially over the Christmas period etc. I think this was a major factor in my first bad episode of uc., and I then didn't drink any alcohol at all for about 2 years. Having been well for a while with no symptoms apart from some mild ones briefly (had a baby!, which seemed to kick it off but very very mildly) I then treated myself to a bottle of pimm's so as to have a drink if I wanted to in the evening (every couple of days maybe). Within a week or so of going this (having abstained for 2+ years) I had another bout and I'm positive it was linked to the alcohol.	Tuesday, Aug 16th 3:26AM
 159,930,230	My UC is always worse after a few drinks. I have to be so careful. It can take days to repair itself. One Christmas period, I went into a bad flare of 3 months - this is really when I decided it's just not worth it.	Tuesday, Aug 16th 3:23AM
 159,929,914	Bowel is very sensitive when i have a flair up.	Tuesday, Aug 16th 3:20AM






















 159,928,502	I think it only does when I am Flaring or depends on what I'm drinking like beer can cause trouble for me	Tuesday, Aug 16th 2:34AM
 159,928,439	I have a drink or two every day. My UC ebbs and flows regardless.	Tuesday, Aug 16th 2:34AM
 159,927,818	When I do drink, and it's really rare, and in tiny amounts... I always need to pass mucous	Tuesday, Aug 16th 2:10AM
 159,927,816	It always makes my symptoms worse, clean alcohol like vodka seems to help. Guinness also seems better than all other beers.	Tuesday, Aug 16th 2:13AM
 159,927,630	1. I get stomach distension 2. I feel that the intestines or the colon are bloated 3. Too much alcohol definitely causes irregularity in bowel movement 4. Sugar content of wine or whisky, may be the reason	Tuesday, Aug 16th 2:06AM
 159,927,327	Whenever I have drunk alcohol in the past few years I have had prolonged periods of heavy bleeding often accompanied by clear feelings of bowel irritation.	Tuesday, Aug 16th 1:54AM
 159,926,818	When I am in remision (ok), It doesnt seem to afect. But I believe large amounts of alcohol and for longer period might have impact.	Tuesday, Aug 16th 1:18AM
 159,926,813	Calms it down	Tuesday, Aug 16th 1:35AM
 159,926,640	I think it makes me dehydrated which effects my colitis	Tuesday, Aug 16th 1:25AM
 159,926,493	Don't drink alcohol because of medication.	Tuesday, Aug 16th 1:20AM
 159,926,179	Sometimes I think definitely yes it's alcohol but can have same flare without alcohol.	Tuesday, Aug 16th 1:06AM
 159,926,055	The next day I be in pain and have mild diarrhea so when I have a glass of wine it's maybe a glass or 2 and that's it.	Tuesday, Aug 16th 12:58AM
 159,925,731	Not now but when I'm in a flare Yes.	Tuesday, Aug 16th 12:41AM
 159,925,418	As some days seem unaffected. Other days it seem worse.	Tuesday, Aug 16th 12:26AM
 159,925,163	I used to drink a lot before my diagnosis. Now not so much.	Tuesday, Aug 16th 12:15AM
 159,925,096	No different when I do or don't.	Tuesday, Aug 16th 12:10AM
 159,924,908	How can alcohol affect my U C if I never drink?	Tuesday, Aug 16th 12:04AM
 159,923,740	I occasionally have some wine. With the meds I was on, I chose not to complicate my liver further, trying to drink alcohol. I would have to wonder if the yeast in these products feeds bacteria in my colon. I don't like experimenting with it.	Monday, Aug 15th 11:14PM
 159,923,563	I did not drink alcohol for a long time since I don't think it was good for me. The only alcohol I did drink and occasionally drink now is wine, preferably red wine.	Monday, Aug 15th 11:12PM
 159,923,294	When I have a flare up I feel very sick while drinking alcohol	Monday, Aug 15th 11:06PM
		Monday, Aug 15th






















	I have a beer or a glass of wine maybe twice a month. If I drank more, it might affect my colitis, I don't know	Monday, Aug 15th 11:05PM
159,923,271		
	Because i have never tasted any alcohol products.so i have no idea whether alcohol affects ulcerative colities .	Monday, Aug 15th 10:56PM
159,922,912		
	Its individual. I can drink red wine but not mixed drinks	Monday, Aug 15th 10:53PM
159,922,826		
	White wine makes me flare	Monday, Aug 15th 10:24PM
159,922,126		
	Beer is the worst sometimes instant flare ups	Monday, Aug 15th 10:20PM
159,922,088		
	some alchohoic drinks does triigger my uc	Monday, Aug 15th 10:17PM
159,921,935		
	I notice some bloating and diarrhea the day after I drink.	Monday, Aug 15th 10:16PM
159,921,885		
	After drinking flares seem worse.	Monday, Aug 15th 10:16PM
159,921,879		
	Poor digestion, alcohol dose not help anything.	Monday, Aug 15th 10:06PM
159,921,808		
	I was diagnosed in 2002. It's been a process of elimination regarding what I call "offender foods" and alcohol is a significant offender. In 2005 I drank a Hefeweizen and felt very ill. Shortly there after put it together that wheat/gluten and alcohol I was not tolerating well. I stopped putting them in my body and the healing process took off. 2002-2008 my colon that was fully ulcerated showed no signs of ulcers and inflammation had decreased significantly. I will go in for my 3rd colonoscopy soon...I've been gluten free for 11 years and alcohol free since 2009.	Monday, Aug 15th 9:49PM
159,921,647		
	Because I don't drink it	Monday, Aug 15th 10:01PM
159,921,478		
	If I drink it is rare and then maybe 1, no more than 2 glasses of wine. Rarely 1 beer.	Monday, Aug 15th 9:43PM
159,921,232		
	Helps my UC	Monday, Aug 15th 9:50PM
159,921,177		
	No beer or red wine for me. White wine and some other drinks are okay.	Monday, Aug 15th 9:44PM
159,921,054		
	My symptoms are the same whether or not I have a glass of wine.	Monday, Aug 15th 9:34PM
159,920,716		
	Only if I do it for long periods of time.	Monday, Aug 15th 9:15PM
159,920,431		
	If i have a few heavy weekends in a row it seems to flare	Monday, Aug 15th 9:24PM
159,920,422		
	When I've been in a flare and have taken a drink of an alcoholic beverage, I immediately experience cramps and maybe have to run to the bathroom. In the early days before I was diagnosed, I noticed I'd have bowel issues the day after a night of drinking.	Monday, Aug 15th 9:12PM
159,920,369		
	In remission	Monday, Aug 15th 9:23PM
159,920,355		
	I have a J-pouch and it definitely irritates it....cramping, diarrhea.	Monday, Aug 15th 8:54PM
159,920,312		

 159,920,258	i drink wine but not a lot. It does not seem to affect my stomach.	Monday, Aug 15th 9:14PM
 159,920,059	Usually have watery movements the next day	Monday, Aug 15th 9:12PM
 159,919,911	Dont feel any sytoms other than - i think alcohol has much higher effect- seems i feel effects of alcohol so quickly and much stronger	Monday, Aug 15th 9:01PM
 159,919,771	It depends on the day.	Monday, Aug 15th 9:01PM
 159,919,770	since i do not drink alcohol i can not say rather it affects patients or not.	Monday, Aug 15th 8:57PM
 159,918,774	when I am in a flare I never drink. I am a very light drinker anyway but have found that instead of having a glass of wine I drink a beer, which seems better for my gut...	Monday, Aug 15th 8:34PM
 159,918,558	If I'm not in a flare I drink alcohol freely, but not to excess, without having any negative UC effects. However if I'm flaring I avoid it. All my flares seem to coincide gut bacteria imbalance and I feel alcohol, being full of sugar and often derived from grains only feeds the bad bacteria imbalance and causes me more UC problems.	Monday, Aug 15th 8:11PM
 159,918,457	A little alcohol is good for you.	Monday, Aug 15th 8:24PM
 159,918,312	Within a few hours of having even one drink I will have stomach discomfort and diarrhea.	Monday, Aug 15th 8:21PM
 159,918,015	Drinking beer at times effects my UC	Monday, Aug 15th 8:12PM
 159,917,978	I haven't noticed any tie between my diet and my UC.	Monday, Aug 15th 8:10PM
 159,917,933	I've never had any symptoms from drinking alcohol. I try to stay away from beer or any carbonated alcohol to avoid the risk of being gasy	Monday, Aug 15th 8:07PM
 159,917,783	I do not drink that often and not more than two drinks at a time.	Monday, Aug 15th 8:03PM
 159,917,427	Since I don't drink, I can't answer this question. I quit drinking alcohol before I was diagnosed with UC.	Monday, Aug 15th 7:49PM
 159,917,345	Feel like bowel motions aren't as normal - either abit loose or pain or both.	Monday, Aug 15th 7:47PM
 159,917,260	My system flares up. Cramps & some time diarrhea.	Monday, Aug 15th 7:37PM
 159,917,172	Beer gives more tripe to the toilet; straight vodka, and bourbon whiskey with no sugar has less of an effect	Monday, Aug 15th 7:27PM
 159,917,009	I used to drink many years ago. I didn't quit due to having UC but GI Dr does say it's bad for anyone with UC.	Monday, Aug 15th 7:31PM
 159,916,968	It will increase bleeding and other symptoms if I am in a flare. Otherwise if my meds are working it seems to be fine.	Monday, Aug 15th 7:31PM
 159,916,787	Triggers bowel movements and contributes to leaky gut.	Monday, Aug 15th 6:32PM




















 159,916,705	Wonder if quitting impacted developing it	Monday, Aug 15th 7:25PM
 159,916,701	Doesn't seem to make much of a difference	Monday, Aug 15th 7:25PM
 159,916,576	I have not had alcohol since diagnosis in 2012.	Monday, Aug 15th 7:21PM
 159,916,558	Not really a drinker or ever been one	Monday, Aug 15th 7:21PM
 159,916,371	Drank before diagnosis and after. I am a beer guy no liquor. Diagnosed 2013, had ups and downs, meds adjusted currently on lialda 4.8/day and remicade 100mg? Had 2nd 8wk infusion week ago. Feeling great.	Monday, Aug 15th 7:06PM
 159,916,229	Clean liquors like good vodka OK. Darker liquors seem to create symptoms. Wine especially deep reds seem to create more symptoms especially if I have more than 2 glasses.	Monday, Aug 15th 7:08PM
 159,916,154	I don't have any symptoms when not in flare if I have wine or a couple of beers. No hard liquor though.	Monday, Aug 15th 7:08PM
 159,916,134	Increase in frequency and bleeding when I imbibe.	Monday, Aug 15th 7:08PM
 159,916,010	Do not know what affects my colitis.	Monday, Aug 15th 7:04PM
 159,915,969	Wine does. Some mixed drinks don't.	Monday, Aug 15th 7:04PM
 159,915,860	I think it would so I haven't had a drink since diagnosis. Afraid of how it may effect my colitis.	Monday, Aug 15th 6:59PM
 159,915,805	Have suspected a couple of times that it was a precursor to a flare becoming worse. As a result, I rarely drink now.	Monday, Aug 15th 6:56PM
 159,915,738	I used to think it actually affected my liver. Yesterday I had a couple vodkas, and didn't have the same results today. Really surprised.	Monday, Aug 15th 6:52PM
 159,915,692	Have not had a glass of wine in several years because it resulted in cramping, pain and diarrhea.	Monday, Aug 15th 6:52PM
 159,915,314	In the past couple of years I've pinpointed vodka and tonic as causing a severe colitis attack. It's happened three times now and I'm sure it's the tonic - every other mixer seems to be fine.	Monday, Aug 15th 6:41PM
 159,915,034	If I drink more than one or two.	Monday, Aug 15th 6:29PM
 159,914,928	I had no alcohol for over s year. About a month ago I decided to try a martini. A salted caramel martini btw. I had no problems with it. I've since had a glass of wine. No problems. I'm staying away from grain drinks like beer.	Monday, Aug 15th 6:31PM
 159,914,753	I think booze is dehydrating. I only have it for very special events.	Monday, Aug 15th 6:24PM
 159,914,600	Wine effects me more than beer.	Monday, Aug 15th 6:20PM
 159,914,481	During flares absolutely No! In remission Yes .	Monday, Aug 15th 5:59PM




















 159,914,316	I only drink red wine, and not much. I actually feel better when I do drink responsibly. I have seen and felt a difference in white wine with physical reactions I don't like.	Monday, Aug 15th 6:15PM
 159,914,208	When I drink alcohol my symptoms get worse. Gut pain & diahrrea.	Monday, Aug 15th 6:09PM
 159,913,860	Generally, there is no effect. If I overdo it, then I pay.	Monday, Aug 15th 6:03PM
 159,913,804	Alcohol does not seem to affect my UC at all, but I never have more than one drink a night and not every night, maybe only one or two days a week.	Monday, Aug 15th 5:55PM
 159,913,691	Don't desire it when I'm symptomatic. Helps me relax and I like the taste when I'm well.	Monday, Aug 15th 5:37PM
 159,913,635	Before I was diagnosed, it seemed to upset stomach, but only sometimes. Not each time I would have a drink. After hearing that alcohol is/can be a trigger for flares, it makes so much sense and I've stopped drinking completely. It's been 4 very loooooonngggg sober months!	Monday, Aug 15th 5:52PM
 159,913,555	Hard to tell.	Monday, Aug 15th 12:43PM
 159,913,519	abdominal cramps, feel unwell the next day,even from 1 drink	Monday, Aug 15th 5:49PM
 159,913,503	I stopped drinking anything several months ago and my meds have been working well	Monday, Aug 15th 5:48PM
 159,913,435	Causes diarrhea and dehydration, aggravates condition, can tolerate a litte during remission	Monday, Aug 15th 5:43PM
 159,913,144	Only very occasionally drink beer. I have read that beer is good for digestion. So far, have not noticed any negative affect.	Monday, Aug 15th 5:35PM
 159,912,883	Nearly always poaley after drinking	Monday, Aug 15th 5:27PM
 159,912,803	I'm still waiting for the biopsy to come back.	Monday, Aug 15th 5:30PM
 159,912,790	I just feel full. Sometimes i feel like i wanna tyrow up but i never do. I do think its because of a very recent meal i had as in maybe minutes before the drink. Other thsn that no stomach pain.	Monday, Aug 15th 5:28PM
 159,912,718	I don't drink	Monday, Aug 15th 5:29PM
 159,912,707	Because i dont drink.	Monday, Aug 15th 5:24PM
 159,912,674	I find personally if I go on a crazy night out I pay for it for about a month. I get constant pain/diarrhea	Monday, Aug 15th 5:26PM
 159,912,635	Seemed to increase BM when I had active colitis. I have a J pouch now and it still makes things move a bit faster-although once it had no more effect than drinking the same volume of a non alcoholic drink	Monday, Aug 15th 5:26PM
 159,912,634	Seemed to increase BM when I had active colitis. I have a J pouch now and it still makes things move a bit faster-although once it had no more effect than drinking the same volume of a non alcoholic drink	Monday, Aug 15th 5:26PM





















 159,912,489	Chardonnay seems to have the least impact. Beer somewhat. Acidic drinks I keep to one or two.	Monday, Aug 15th 5:24PM
 159,912,361	The day after I have cramps and diarrhea, but I enjoy the socializing accompanied with drinking.	Monday, Aug 15th 5:14PM
 159,912,277	Not sure been in a flare no major improvement	Monday, Aug 15th 5:23PM
 159,912,221	Certain alcohol makes it bad certain alcohol is ok	Monday, Aug 15th 5:21PM
 159,911,677	If I drink too much, it does. I drink wine, so I'll stop at one glass. Or if I think I'm having the slightest flare, I won't drink.	Monday, Aug 15th 5:11PM
 159,911,502	If I drink one alcoholic drink, I suffer for it the next day. Major stomach pains, mucus bowels, etc.	Monday, Aug 15th 5:08PM
 159,911,497	The body's ability to heal itself is amazing. When you fuel it with the right things, the human body can do incredible things. Just look at Olympic athletes. Alcohol in moderation may benefit the body but at what point do we know it is too much? Every body is different. If there's an active flare, no alcohol for me. I want to give my body the best opportunity to heal.	Monday, Aug 15th 4:58PM
 159,911,461	Some nites i go out i dont have any problems next day but i have had a few times in the past 10 years where ive been so sick i end up in hospital with throwing up and alot of pain.	Monday, Aug 15th 4:52PM
 159,911,440	Bowel movements increase especially if I drink large amounts	Monday, Aug 15th 5:05PM
 159,911,438	Because i only drink red wine (merlot) and it doesn't seem to have an effect.	Monday, Aug 15th 5:05PM
 159,911,396	Have'nt notice any.	Monday, Aug 15th 5:05PM
 159,911,321	Red wine is intolerable	Monday, Aug 15th 5:04PM
 159,911,038	I don't drink a lot, but don't get any adverse effects.	Monday, Aug 15th 4:54PM
 159,910,913	puts off urgency for a few hours but I'm much sicker in morning	Monday, Aug 15th 4:49PM
 159,910,856	I don't drink alcohol.	Monday, Aug 15th 4:51PM
 159,910,750	I see no difference when I have a drink or two.	Monday, Aug 15th 4:47PM
 159,910,679	Because I've never taken any alcohol in my life.	Monday, Aug 15th 4:37PM
 159,910,613	Its Hard to gauge	Monday, Aug 15th 4:41PM
 159,910,431	Because I hardly have an alcoholic drink, I haven't been able to make a conclusion one way or the other.	Monday, Aug 15th 4:36PM
 159,910,382	When i drink more than usual i believe it causes flares	Monday, Aug 15th 4:39PM
		Monday, Aug 15th

	if i feel even a little upset with my uc it will make me miserable	Monday, Aug 15th 4:33PM
159,910,297		
	it can bring on loose stool and upset stomach	Monday, Aug 15th 4:32PM
159,910,280		
	I feel that beer (usually cheaper beer) effects my body negatively	Monday, Aug 15th 4:33PM
159,910,239		
	Having proctitis food seldom effects apart from general health.	Monday, Aug 15th 4:24PM
159,909,924		
	Alcohol negates the effect of anti-inflammatories.	Monday, Aug 15th 4:21PM
159,909,829		
	I believe that over drinking for extended periods of time (i.e. white wine almost daily for a few weeks) has brought on flair ups. I'm sure of it.	Monday, Aug 15th 4:16PM
159,909,638		
	When I drink for two nights in a row I flare	Monday, Aug 15th 4:14PM
159,909,626		
	Over the past few years I've noticed an increase in symptoms after drinking alcohol	Monday, Aug 15th 4:10PM
159,909,485		
	Alright if I have no inflammation but a definite effect if I have. Things become much worse with even one drink.	Monday, Aug 15th 3:59PM
159,909,197		
	Sometimes it will (especially if drink excessively at a party or something). Other times a few drinks are just fine. I find that drinking bottled beer is better than beer from the tap maybe because the lines are full of bacteria or just not as clean of a pour.	Monday, Aug 15th 3:57PM
159,909,046		
	Although I'm almost in remission, I still get very bloated from alcohol and it can get worse if I drink the wrong type of alcohol (eg beer)	Monday, Aug 15th 3:46PM
159,909,026		
	I think my meds may be effected which in turn could effect my UC	Monday, Aug 15th 3:51PM
159,908,839		
	One glass of wine on Sunday with dinner is all I have and I have not had a problem with it.	Monday, Aug 15th 3:51PM
159,908,699		
	I have more pain if ever I drink hard alcohol. Wine only bothers my headaches, and sake doesn't bother either.	Monday, Aug 15th 3:50PM
159,908,686		
	No ill effect	Monday, Aug 15th 3:47PM
159,908,638		
	Too many other factors to know if alcohol had any affect.	Monday, Aug 15th 3:46PM
159,908,596		
	i don't drink	Monday, Aug 15th 3:45PM
159,908,569		
	It's better not to drink but I do drink socially but have to be careful not to drink to much	Monday, Aug 15th 2:54PM
15		
	I normally drink at big events where I also tend to eat poorly so not sure if a reaction is from alcohol, food or a combination of both. And to be clear , I do not have a reaction every time alcohol is consumed.	Monday, Aug 15th 3:35PM
48		
159,908,456		
	I feel worse the next day sometimes. Depending on what I drink. Clear liquors okay. Dark not so great.	Monday, Aug 15th 3:43PM
159,908,447		
	Last time i had a couple of drinks i was up all night vomiting and diarrhoea	Monday, Aug 15th 3:43PM




















159,908,400	Last time I had a couple of drinks I was up all night vomiting and diarrhea	3:41PM
159,908,391	On occasion a glass of wine will be fine. But immediately flare if a margarita or such is attempted.	Monday, Aug 15th 3:38PM
159,908,369	I come from a family that likes to drink alcohol all of the time!!! Mostly beer and wine. Before I got diagnosed with UC in August of 2015, I would say I consumed alcohol 5 days out of the week. Since being diagnosed I was told to avoid alcohol completely to avoid future flare ups. Well, avoiding alcohol has been very hard for me to do. I've been drinking alcohol mostly beer and wine the same amount as I had before. I take 4 large pills of Lialda on a daily basis. I usually have 2-3 bowel movements a day. Alcohol has not affected my UC one bit.	Monday, Aug 15th 3:28PM
159,908,300	I stay away from it when I'm flaring, so it's hard to say whether or not it causes problems. When I'm not flaring, it doesn't cause any problems-possibly because I drink in moderation.	Monday, Aug 15th 3:37PM
159,908,240	Was symptom free for 2 years...and drank alcohol during those 2 years. I don't notice anything different about my flare when I drink.	Monday, Aug 15th 3:36PM
159,908,062	If I drink it, it'll make me go into a flare a day or so later.	Monday, Aug 15th 3:07PM
159,907,730	Not sure if its the asacol 5x800mg or UC.	Monday, Aug 15th 3:11PM
159,907,523	I don't think it really has an effect.	Monday, Aug 15th 3:19PM
159,907,466	I used to drink lager or wine on a weekly basis. After joining Adams website I gave up all alcohol, pop, juice and sugary drinks. I only drink water or decaf tea and on occasions treat myself to a hot chocolate . My stomach no longer bloats and I feel this has had a dramatic effect on my uc. I haven't had a flare up for almost 3 years now	Monday, Aug 15th 3:13PM
159,907,415	It irritates the lining of the stomach	Monday, Aug 15th 3:09PM
159,907,226	I cannot find any trigger as everyday is different regardless of what I eat or drink	Monday, Aug 15th 3:11PM
159,907,192	In a flare it def does, but I don't think it will cause a flare	Monday, Aug 15th 3:10PM
159,907,054	I hear other people saying it messes them up, but I don't think it makes me worse. When I was pregnant I didn't drink and I felt great, but it could have been many other factors that made me feel good too.	Monday, Aug 15th 3:08PM
159,906,943	During last flare I went right off it and now in remission I am still not as keen as before i was diagnosed. When I made myself drink I felt my symptoms were worse next day.	Monday, Aug 15th 2:58PM
159,906,910	Because I flare after drinking alcohol	Monday, Aug 15th 3:04PM
159,906,818	When I would drink regularly, my colitis would flare. Generally I am able to have a few (2-3) nights a week where I have 2-3 glasses of wine per night and be fine. I cannot enjoy nightly cocktails like I once did.	Monday, Aug 15th 3:02PM
159,906,797	I have not alcohol for 10 years.	Monday, Aug 15th 2:59PM
159,906,678	When having a flair, it tends to exacerbate the symptoms and increases bathroom frequency - especially the following morning.	Monday, Aug 15th 2:53PM
159,906,510	I had to completely stop drinking alcohol as it really made my flare ups something to truly hate and detest. Every time I would drink I would really feel terrible for a couple of days.	Monday, Aug 15th 2:49PM



















 159,906,493	I really only have a beer about once every few weeks so I am not really a good example of a person with uc that drinks.	Monday, Aug 15th 2:53PM
 159,906,476	If I drink, I will have a flare next day	Monday, Aug 15th 2:51PM
 159,906,470	I find that sometimes after I drink alcohol, I will bleed the next day. Somedays, though, this doesn't happen.	Monday, Aug 15th 2:53PM
 159,906,462	Alcohol, along with spicy food, is one of the few things I can say for sure has a direct effect on stomach pain and bowel movements directly the next day.	Monday, Aug 15th 2:50PM
 159,906,319	It definitely has an effect when flaring making bleeding worse. When not flaring I tend to be very limited anyway	Monday, Aug 15th 2:47PM
 159,906,241	My doctor told me to stay away for alcohol because it could cause me to have flares. Since then I have not touch a drop. I have just recently bought a bottle of white wine but have not touch yet. I have been flaring for a few months now. My Doctor iust changed mv medicine so I am hoping to get some relief. And mavbe I trv having a small elass of that wine I	Monday, Aug 15th 2:46PM
 159,906,145	If in a flare	Monday, Aug 15th 2:49PM
 159,905,934	I have to go more often to the bathroom the next day	Monday, Aug 15th 2:46PM
 159,905,867	I have not seen any evidence of it being worse or better if I drink or don't drink.	Monday, Aug 15th 2:44PM
 159,905,866	I usually drink Vodka with a splash of cranberry with no affect. I could also get away with some dry wines But I had a reaction of stomach discomfort when I had a sweet wine but I'm not sure if it was the food or the wine .	Monday, Aug 15th 2:42PM
 159,905,837	I'm afraid to drink now	Monday, Aug 15th 2:05PM
 159,905,587	Last time i had Wine was 10 month ago and the following day my stomach was cramping very bad!	Monday, Aug 15th 2:36PM
 159,905,585	There's no doubt, large amounts of alcohol (although I'd like to think not) over a period of time will flare up the U.C.	Monday, Aug 15th 2:31PM
 159,905,567	I stick to beer and wine. Hard liquor did bother me. Ever since I started Humor nothing bothers me. I've had it for 46 yrs.	Monday, Aug 15th 2:27PM
 159,905,480	Beer definitely makes it work, but wine seems to be more tolerable.	Monday, Aug 15th 2:33PM
 159,905,454	Sometimes it does I think if I have too much.	Monday, Aug 15th 2:34PM
 159,905,418	I was a committed Bacardi White Rum and diet Pepsi drinker but after I was diagnosed and my UC advance over a couple of years I noticed it got much worse if I got into the booze. There was not much I would not drink and I liked to drink but R&C along with Black Russians (Vodka and Tia Maria) made there ingestion a very bad idea. I can now drink Beer (Corona only) and a little bit of Lime Vodka and Water lots of ice with little impact or effect on my UC, generally excess will have it drawbacks.....:-) I can promise you that.....:-){	Monday, Aug 15th 2:01PM
 159,905,383	Never noticed any change in symptoms	Monday, Aug 15th 2:32PM
 159,905,367	Because i hav pain &,cramping before having soçial drink.	Monday, Aug 15th 2:30PM























 159,905,242	Too scared to find out if it does or does not	Monday, Aug 15th 2:30PM
 159,905,200	Think it only affects me during flare ups. May not even affect me then but I stop drinking all alcohols while in flare up as heard that it affects some people. When in remission I usually have 1-2 beer or glasses of wine without any problem.	Monday, Aug 15th 1:03PM
 159,905,155	I think beer dose but it you drink wine or vodka in moderation it's ok for some	Monday, Aug 15th 2:25PM
 159,905,066	I've learned certain things like whiskey and beer effect me, but some thinks like run vodka are ok.	Monday, Aug 15th 2:25PM
 159,905,027	Sometimes beer may cause symptoms, other times not. So not sure if it's the beer or something else I'm eating or drinking that causes.	Monday, Aug 15th 2:20PM
 159,904,819	One of my worst flares ever started after having one Margarita and one glass of sweet wine on my anniversary.	Monday, Aug 15th 1:57PM
 159,904,768	Sometimes it does, depending what I drink. Beer makes me feel bloated but doesn't make my symptoms worse necessarily.	Monday, Aug 15th 2:16PM
 159,904,711	I have never noticed increased or changed symptoms when consuming alcohol	Monday, Aug 15th 2:17PM
 159,904,704	Absolutely- can't get off a flare unless I stop drinking the alcohol. Also alcohol increases the bad bacteria in your stomach by a factor of a thousand	Monday, Aug 15th 2:16PM
 159,904,642	On a long term I don t think it s good for colitis. I certainly never drink when I have a flare up. It had the same effect as coffee, chocolate or thee, they all irritate the gut.	Monday, Aug 15th 2:10PM
 159,904,640	It definitely affects me when I am flaring. Typically makes flares worse. I have almost immediate increase of symptoms- diarrhea, cramping, bloating when drinking. If not flaring, I can drink a few drinks with no issues.	Monday, Aug 15th 2:00PM
 159,904,601	My worst UC symptoms occurred at the end of a week of an all-inclusive Mexican resort vacation where I did drink more than my customary 1 gl. of wine/day. Now a glass or 2 a week doesn't seem to affect me.	Monday, Aug 15th 2:09PM
 159,904,600	Because I quit drinking and smoking in 2012	Monday, Aug 15th 2:12PM
 159,904,504	only red wine (and high quality ones) in small amounts	Monday, Aug 15th 2:10PM
 159,904,474	If I'm having UC issues it doesn't help. It can make me feel like it's burning inside. So then I stop till I feel better.	Monday, Aug 15th 1:35PM
 159,904,412	Some alcohol affects me more than others. I cannot drink beer but vodka and some ciders are ok in moderation.	Monday, Aug 15th 1:57PM
 159,904,332	The yeast in beer is the worst -- I try to avoid it at all costs. I love wine, but that also causes GI distress. Hard alcohols, like vodka, in particular, are easiest depending on what it's mixed with. However, if I'm already having GI discomfort, there is an increase in both bowel movements and blood the next day. When I'm healthy, I'm usually find, unless I do it too often, then I flare. And too often refers to heavy drinking -- too many parties, too often, kind of thing.	Monday, Aug 15th 2:01PM
 159,904,270	I have good days and bad days whether I have had drinks that day	Monday, Aug 15th 2:04PM
	Symptoms do not always appear after drinking	Monday, Aug 15th 2:05PM

159,904,210			
	I'm sure it does to some extent. I have been lucky to have mild UC under control with a Lialda Maintenance dose. If my symptoms should worsen I would naturally decrease or eliminate alcohol. Thankfully I tolerate beer pretty good.	Monday, Aug 15th 1:35PM	
159,904,158	Red wine does not agree with me. It causes heartburn and start of a UC flare.		
	When my symptoms are active consuming alcohol makes them worse so I stay away from it. During remission I may have a drink over the weekend and I feel fine. But I dont dare to drink more than that.	Monday, Aug 15th 1:57PM	
159,903,988			
	Increased stomach pain and blood and diarrhea the day after drinking	Monday, Aug 15th 1:49PM	
159,903,794			
	If I am cramping it seems to relax me and cramps are less painful. Other times does not make a difference.	Monday, Aug 15th 1:42PM	
159,903,689			
	It makes my bowel movements lose and more frequent, usually in the morning	Monday, Aug 15th 1:50PM	
159,903,642			
	When I'm flaring, alcohol is definitely a no no! If I'm not flaring I have two glasses of wine maybe twice a month with no problems.	Monday, Aug 15th 1:50PM	
159,903,593			
	Eases the pain/blues, no long lasting negative effects.	Monday, Aug 15th 1:50PM	
159,903,520			
	Lots more rectal bleeding after drinking wine & beer.	Monday, Aug 15th 1:48PM	
159,903,483			
	I don't drink so I don't know.	Monday, Aug 15th 1:49PM	
159,903,439			
	I don't know how to tell the difference!	Monday, Aug 15th 1:48PM	
159,903,435			
	I haven't seen a difference on a day that I have a few beers or any other day. I think caffeine effects it though	Monday, Aug 15th 1:47PM	
159,903,394			
	if i drink too much, my stomach gets extra sensitive the next day. i also eat poorly after which has a negative effect	Monday, Aug 15th 1:44PM	
159,903,324			
	Whenever I drink enough to get drunk, which is usually twice a month, I never notice any colitis symptoms while intoxicated or the next day.	Monday, Aug 15th 1:35PM	
159,903,159			
	If I am in remission and don't overdo it, I do just fine with it. However, if I'm having any symptoms, or even if I am remission but under stress, I notice a difference.	Monday, Aug 15th 1:35PM	
159,903,152			
	It always makes it worse	Monday, Aug 15th 1:44PM	
159,903,114			
	Wine triggers a bad flare especially red and rose	Monday, Aug 15th 1:35PM	
159,903,074			
	Alcohol never fits well with my stomach; however, especially beer literally burns in my stomach.	Monday, Aug 15th 1:39PM	
159,902,932			
	Only Beer during a flair up.	Monday, Aug 15th 1:34PM	
159,902,896			
	Depends what I drink and how much of it and if im on a 3 day bender or not	Monday, Aug 15th 1:32PM	
159,902,719			
	Well it certainly didn't lessen symptoms when trying to self-medicate. Body reacts, ignites inflammation and misery	Monday, Aug 15th	




















159,902,694	When I certainly don't lessen symptoms when trying to see medication. Body reacts, ignites inflammation and misery begins.	Monday, Aug 15th 1:31PM
159,902,581	When I've had a flare up it just takes time to get it under control, but if I have alcohol it doesn't get worse	Monday, Aug 15th 1:11PM
159,902,540	Alcohol dehydrates a person	Monday, Aug 15th 1:30PM
159,902,539	Depends on the alcohol. Also too much tends to upset things a bit.	Monday, Aug 15th 1:31PM
159,902,512	The morning after a few drinks means more visits to the loo..	Monday, Aug 15th 1:31PM
159,902,458	Depending on which kind of alcohol I consume, my colitis is affected. I definitely avoid beer overall.	Monday, Aug 15th 1:30PM
159,902,345	beer and wine can exacerbate my symptoms	Monday, Aug 15th 1:28PM
159,902,342	Notice flare after drinking in excess	Monday, Aug 15th 1:29PM
159,902,295	I drink so rarely, not sure that's why I'm unaffected, I only have one drink max when I do drink.	Monday, Aug 15th 12:07PM
159,902,267	Yes, any sugary beverage does.	Monday, Aug 15th 1:26PM
159,902,164	I limit myself to wine and beer and a 2 glass maximum. Anything beyond that I start to feel the effects.	Monday, Aug 15th 1:20PM
159,902,123	It doesn't seem to matter if I have alcohol or not, symptoms are the same.	Monday, Aug 15th 1:23PM
159,902,031	It's the same with food. Sometimes certain things do, then I go into remission, eat them and I'm OK... Then I'm Not!	Monday, Aug 15th 1:23PM
159,902,019	I hit the toilet a lot more the following morning if I drink beer. hard alcohol not as much	Monday, Aug 15th 1:18PM
159,902,011	Haven't tried red wine yet since last flare. White wine okay. Beer okay.	Monday, Aug 15th 1:23PM
159,901,842	Still have some symptoms. Hard to tell if they are affected by food i have eaten or what i have had to drink,	Monday, Aug 15th 1:18PM
159,901,841	Diarrhoea	Monday, Aug 15th 1:19PM
159,901,626	I do have cramping the next day if I drink very much, so I k now there is a link.	Monday, Aug 15th 1:19PM
159,901,552	Usually I have to be close to the bathroom the next morning. Get some pretty mean headaches sometimes. I think that's from the meds though.	Monday, Aug 15th 1:08PM
159,901,491	It is a trigger food. If I'm in a flair drinking alcohol results in instant discomfort.	Monday, Aug 15th 1:17PM
159,901,391	If I drink too much, I often have very loose bowel movements which I think could trigger a flare.	Monday, Aug 15th 1:15PM

 159,901,373	I know that I'd be better off w/o my wine, though Elaine (SCD diet) said one glass of dry wine should be OK. I'm still wedded to more than one glass per evening -- it's the only way in which I break the SCD daily. But I think I'm more or less addicted, and I do love wine.	Monday, Aug 15th 1:11PM
 159,901,229	It depends what I drink wine no fruit cider yes	Monday, Aug 15th 1:12PM
 159,901,192	I drink and it seems to immediately go straight through. Doesn't matter if I'm having a good day or a bad day.	Monday, Aug 15th 1:09PM
 159,901,103	When I have certain types of alcohol more specifically beer, It bothers tmy stomach .	Monday, Aug 15th 1:00PM
 159,901,095	Flare up after drinking.	Monday, Aug 15th 1:09PM
 159,901,038	Alcohol increases the frequency of bm's, and intensifies flares.	Monday, Aug 15th 1:08PM
 159,901,009	I think alcohol use exacerbated my UC.	Monday, Aug 15th 1:04PM
 159,900,999	When in a flare "who knows" what is effecting me	Monday, Aug 15th 1:05PM
 159,900,954	I only drink wine. Some weeks none at all, others 1-2 drinks/evening once or twice a week.	Monday, Aug 15th 12:59PM
 159,900,842	I drink only wine, beer and cider. Sometimes it causes problems, sometimes not. Completely linked to flare status.	Monday, Aug 15th 1:00PM
 159,900,819	During a flare up for sure .As long as I am good I can drink my red wine NP	Monday, Aug 15th 1:01PM
 159,900,744	I used to love bubbly and now it makes me so ill :-(Monday, Aug 15th 12:57PM
 159,900,743	When I'm in a flare up, I try to avoid alcohol. When I'm not, alcohol doesn't seem to affect my UC much.	Monday, Aug 15th 1:00PM
 159,900,740	Can't drink white wine or champagne and never touch spirits - but red wine is fine - beer in very small quantities	Monday, Aug 15th 12:59PM
 159,900,685	Hi Adam I am just over the border line for UC and been told that I have Crohn,s so I thought I might as well fill in your survey as it may help others.	Monday, Aug 15th 12:55PM
 159,900,647	No correlation with flares to this point.	Monday, Aug 15th 12:59PM
 159,900,643	Alcohol flares up my UC	Monday, Aug 15th 12:07PM
 159,900,592	I have pancolitis, so I pace mysely - don't drink two nights back to back etc. I stick with wine as I know how I respond to that. Before I go out, I usually eat something light like soup so as not to drink on an empty stomach. So, yes, when others are imbibing, I have a hard time not enjoying a glass of wine or two with friends. Or, once in a while, there are those really bad days when I just need a drink! But mostly, I drink socially and limit it.	Monday, Aug 15th 12:54PM
 159,900,581	I have noticed a definite correlation between the amount of alcohol I consume and my flare ups. For instance, it's beautiful weather here at the moment in the UK (I know, right?!), so there are BBQ's a plenty and long summer evenings enjoying cold glasses of prosecco and cocktails. And after just two weeks of having more alcohol than usual (my usual is one or two glasses a week) and boom, flare up central! So, no more bubbly for me, I'm currently sipping on a tall glass of water.	Monday, Aug 15th 12:50PM





















 159,900,547	When in a flare I would never go near the stuff. In remission I test the waters occasionally with some good straight high end vodka.	Monday, Aug 15th 12:51PM
 159,900,484	Diagnosed in April 2015 but still no real clear ideas of what affects me....food or drink	Monday, Aug 15th 12:50PM
 159,900,333	have not drank alcohol since i got sick in july 2015.	Monday, Aug 15th 12:52PM
 159,900,303	I think alcohol can cause flare ups. I only drink very occasionally, and only fun or vodka.	Monday, Aug 15th 12:51PM
 159,900,261	On the occasions when I drink, the colitis gets worse the next few days.	Monday, Aug 15th 12:50PM
 159,900,213	moderation seems ok	Monday, Aug 15th 12:48PM
 159,900,211	moderation seems ok	Monday, Aug 15th 12:48PM
 159,900,192	I have typically never really liked alcohol and add that I tend to believe that only a small amount of alcohol can make me feel bad, I said why bother? I may try one glass of wine, beer and some hard alcohol before the end of the year.	Monday, Aug 15th 12:40PM
 159,900,186	Whatever they use to make the alcohol, irritates my colon, so much so that I go into a flare within 24 hours.	Monday, Aug 15th 12:36PM
 159,900,082	My last flare up was quite severe. I had been drinking quite a bit for months preceding it- vodka cocktail and a couple of glasses of wine most evenings. I was also very stressed out at the time. With diet, meds and life style changes- I slowly improved. Before going solidly into remission, I started having a few cocktails. Boom! Back into the depths. After several months on Uceris, major lifestyle changes and little if no alcohol, I've been in remission for 4 months. Not sure if alcohol was the only factor.	Monday, Aug 15th 12:33PM
 159,900,061	I have blood in my bowel movements after drinking alcohol. Beer is the worst. 1 or 2 drinks of wine or clear alcohol have the least impact on my UC.	Monday, Aug 15th 12:41PM
 159,899,877	it just has to, it does so many ting to your metabolism, it has to effect a sick colon	Monday, Aug 15th 12:43PM
 159,899,859	Beer seems to cause more inflammation, gas . Wine seems to cause inflammation	Monday, Aug 15th 12:42PM
 159,899,841	I usually don't have any effects on my UC from alcohol, but on rare occasion I do...not sure if it is from the UC or not though.	Monday, Aug 15th 12:42PM
 159,899,831	Wine is especially upsetting.	Monday, Aug 15th 12:43PM
 159,899,824	because I dont drink so would not know	Monday, Aug 15th 12:43PM
 159,899,813	After a couple of wines I really battle with diarree the next day... even with the disease in remission.	Monday, Aug 15th 12:37PM
 159,899,808	Never been a big drinker so it was not hard to have any ever. The hard part was not having a Pepsi.	Monday, Aug 15th 12:42PM

	I don't drink alcohol so I can't answer this question	Monday, Aug 15th 12:41PM
159,899,762		depends... sometimes it gives me diarrhea the next day, sometimes not. I would not say it sends me in to a full on flare.
159,899,741		Beer has bad results but wine (2 glasses) is generally okay.
159,899,728		I have a glass of wine a day, doesn't seem to bother me but if I have a beer once on a while it does somewhat
159,899,698		Hard liquor definitely causes issues
159,899,621		Sometimes alcohol takes away the pain while drinking and I feel no effects the next morning. But lately with this flare I get stomach pain the next morning
159,899,602		I've taken my medication with alcohol and when I have a drink it makes no difference
159,899,596		Red wine worse - get awful runs throughout next day
159,899,583		Either makes me constipated or gives me loss stool
159,899,556		I don't drink alcoholic beverages.
159,899,520		After drinking, the next day can be terrible with regards trips to the loo.
159,899,510		Because I always use the toilet quite often the next day.
159,899,424		Depends on the type of alcohol. Lagers yes, cider no. Guinness no. I don't drink spirits, mabey a hot whiskey with no effect.
159,899,329		I haven't noticed if it causes me to have a flare up, but I don't drink it when I do.
159,899,325		Don't seem to notice a difference with my UC after I drink alcohol compared to not drinking at all.
15		85
159,899,216		I find it hard to find triggers because I have had no remission in four and a half years
159,899,200		I have bloody stool if I over imbibe
159,899,195		Binge drinking definitely does have an effect. I stick to a few Gin & tonics every now and again, they seem to be fine!
159,899,152		Sometimes if I have more than 2 glasses of wine I bleed the next day
159,899,151		I found out that beer makes me flare but ciders are ok.
		My UC is extremely well controlled with Remicade but if I overdo it a little with the wine or start trying to act like I did in my 20's i become mildly symptomatic within 24 hours. It's always a good reminder that I have to treat my body well all





















159,899,144	my 20's, I become irritable symptoms within 24 hours. It's always a good reminder that I have to treat my body right at the time regardless of medication.	12:27PM
159,899,116	Causes inflammation	Monday, Aug 15th 12:26PM
159,899,106	too stimulating to bowel	Monday, Aug 15th 12:30PM
159,899,083	So not seem to have an effect. However...due to medication cannot drin very much. 1 lite beer...1/2 - 1 glass wine. Tops. I feel it quick!	Monday, Aug 15th 12:12PM
159,899,063	I usually am going to the bathroom or have an upset stomach	Monday, Aug 15th 12:28PM
159,899,061	I only drink beer and wine - beer definitely loosens things up	Monday, Aug 15th 12:26PM
159,899,060	I typically get diarrhea and bloating the day after consuming alcohol.	Monday, Aug 15th 12:26PM
159,899,051	Wine and hard liquor caused incontinence. In past, a beer was ok but only drank one or two.	Monday, Aug 15th 12:28PM
159,898,988	I drank before my UC and and drink with the UC	Monday, Aug 15th 12:27PM
159,898,969	My symptoms definitely improved when I stopped beer and alcohol in general.	Monday, Aug 15th 12:24PM
159,898,926	When the disease is active or in flare up mode yes it hurts and flares it up some more. When it is under control no	Monday, Aug 15th 12:16PM
159,898,904	I drink very rarely, and it never seems to cause any problems when I do	Monday, Aug 15th 12:24PM
159,898,846	My Doctor told me to quit drinking 7 years ago so I did. It has made in difference in my health.	Monday, Aug 15th 12:24PM
159,898,842	Wine espevially the sulfites in white wibe give me cramps and diarrhea especially on an empty stomach . I can sometimes tolerate red wine on a full stomach. 1beer might be ok but not regularly or more than 1. I follow the SCD diet and small amts of hard liquor like scotch or vodka are fine with me.	Monday, Aug 15th 12:20PM
159,898,829	I haven't had a drink in a long time, but when I do in social settings, it has never affected my colitis.	Monday, Aug 15th 12:24PM
159,898,811	After drinking alcohol I get severe head ache and stomach aches. The entire next day I am in and out of the bathroom...	Monday, Aug 15th 12:23PM
159,898,755	Red and white wine as well as champagne cause me a few problems at the moment, but it does change. Fizzy larger is bad news too.	Monday, Aug 15th 12:16PM
159,898,726	I haven't had flares that I could say were precipitated by alcohol. If I was flared up I would avoid alcohol.	Monday, Aug 15th 12:19PM
159,898,716	I think beer makes me bloat more and usually leads to being tied to the toilet the next day if I drink too much.	Monday, Aug 15th 12:20PM
159,898,706	Alcohol may or may not irritate the colon, or the effervescence causes gas. I presume the alcohol irritates since ginger beer does not seem to irritate, yet is effervescent.	Monday, Aug 15th 12:11PM





















 159,898,697	<p>End up having crappy food with a drink which wrecks havoc with my insides.</p>	<p>Monday, Aug 15th 12:19PM</p>
 159,898,695	<p>I seem to have flares whether or not I drink alcohol, however during a flare alcohol along with many other foods and drinks make my symptoms worse.</p>	<p>Monday, Aug 15th 12:21PM</p>
 15 07  159,898,589	<p>I had terrible diarrhea after drinking red wine. I switched to white wine and don't have anymore problems. Beer is horrible for my IUC</p> <p>When I have a drink, maybe once a fortnight, it has no affect what so ever on my UC</p>	<p>Monday, Aug 15th 12:17PM</p> <p>Monday, Aug 15th 12:17PM</p>
 159,898,582	<p>It's worse the following morning after drinking it makes stools loose for a day or two but settles down in a day or two.</p>	<p>Monday, Aug 15th 12:15PM</p>
 159,898,467	<p>More urgency and loose stool after drinking.</p>	<p>Monday, Aug 15th 12:16PM</p>
 159,898,461	<p>Rectal Bleeding occurred often after drinking. The two seemed to correlate. Therefore I stopped drinking completely.</p>	<p>Monday, Aug 15th 12:17PM</p>
 159,898,457	<p>If I'm healthy (not flaring), alcohol is not a problem. If I'm in a flare it really upsets my stomach. Also I avoid alcohol when I'm on certain meds like prednisone or flagyl.</p>	<p>Monday, Aug 15th 12:14PM</p>
 159,898,439	<p>Yes, I believe it helped to bring on the initial bleeding that I experienced in the very beginning, along with the pain. It certainly did not help.</p>	<p>Monday, Aug 15th 12:15PM</p>
 159,898,399	<p>I am no better or worse if I don't drink</p>	<p>Monday, Aug 15th 12:15PM</p>
 159,898,383	<p>It only seems to affect my UC when I am already in a flareup... Anyone experiencing a flareup should avoid all alcohol until they are in remission. But drinking responsibly and in moderation has not been a problem for me since I've been in remission over the past four years.</p>	<p>Monday, Aug 15th 12:06PM</p>
 159,898,373	<p>I was just diagnosed with moderate UC about 7 days ago after a colonoscopy am still on medicine and yet to get the biopsy report.</p>	<p>Monday, Aug 15th 12:08PM</p>
 159,898,358	<p>It certainly causes an increase in diarrhea, which will turn bloody, if I drink daily for a week or more. Gluten free beer and wine is more easily tolerated.</p>	<p>Monday, Aug 15th 12:12PM</p>
 159,898,322	<p>I have been in remission for 3 years. My alcohol consumption has not changed in 10 years. Seems to have no effect at all.</p>	<p>Monday, Aug 15th 12:13PM</p>
 159,898,314	<p>I quit drinking beer for almost a year, but i switched to clear liquor like Rum and Sprite Zero. that seemed to go easier on my stomach. however since then i drink a beer now and then and it doesnt really bother me.</p>	<p>Monday, Aug 15th 12:09PM</p>
 159,898,296	<p>Seems to relax colon initially but I can't tell the longer range (24hrs) effect.</p>	<p>Monday, Aug 15th 12:10PM</p>
 159,898,293	<p>I have only recently been diagnosed at age 62 so not had long enough to judge this yet.</p>	<p>Monday, Aug 15th 12:13PM</p>
 159,898,286	<p>Become symptomatic if I drink alot</p>	<p>Monday, Aug 15th 12:13PM</p>
 159,898,267	<p>Major stomach upset. Evidence personally and medically that it causes leaky gut. Major diarrhea if I do mixed drinks. Cannot tolerate beer even a sip (didn't realize this ages ago, but now know it's the gluten and the alcohol). Cannot do mixed drinks - the alcohol and sugar combo are killer on my intestines. Even when I have the occasional holiday/celebratory shot of tequila (what I've discovered I tolerate best) or NorCal margarita (tequila selzer and lime), it takes about 2 days for stomach bloating and mild upset to calm down and that is not with a flare. I'd never drink during</p>	<p>Monday, Aug 15th 12:07PM</p>

takes about 3 days for stomach bloating and mild upset to calm down and that is not with a flare. I'd never drink during active disease bc of all the above.


 159,898,265	It makes it worse	Monday, Aug 15th 12:07PM
 159,898,256	A beer or two has no effect. Any more or hard alcohol causes flare ups.	Monday, Aug 15th 12:12PM
 159,898,227	It has made my Colitis worse, especially wine.	Monday, Aug 15th 12:09PM
 159,898,212	I don't see the sort of effects I see after certain types of food after a drink of wine fermented in metal but I do with those fermented in wood and when I drink beer or lager.	Monday, Aug 15th 12:07PM
 159,898,195	I used to drink all the time, and then my colitis got worse. I no longer cook with or drink anything out of fear that it'll cause a flare.	Monday, Aug 15th 12:11PM
 159,898,174	I can no longer drink beer at all, but I think that's likely due to the amount of gluten. Sticking to wine, vodka or cider I don't notice much impact on my UC.	Monday, Aug 15th 12:10PM
 159,898,166	If I drink a low sugar white wine I'm ok.	Monday, Aug 15th 12:11PM
 159,898,127	Certain alcohols do affect me. Right now I can drink wine and hard cider without any issue, but hard liquor messes with it.	Monday, Aug 15th 12:10PM
 159,898,120	My bleeding is always bad a few days after I drink.	Monday, Aug 15th 12:07PM
 159,898,109	But only when I'm flaring. Not in remission.	Monday, Aug 15th 12:06PM
	Get constipated the morning after	Monday, Aug 15th 12:09PM
15  95 159,898,088	A bit wary of trying. But can't say I miss it so much, probably get round to it eventually.	Monday, Aug 15th 12:06PM
 159,898,070	I get cramps within my first couple of sips.	Monday, Aug 15th 12:09PM
 159,898,045	Whether I drink or not my symptoms are the same.	Monday, Aug 15th 12:07PM
 159,898,039	If I have a large number of drinks several days in a row I tend to have worse symptoms. Also, certain types tend to effect me differently. For instance wine seems to make me feel worse than beer.	Monday, Aug 15th 12:06PM
 159,898,019	If I drink over 3 drinks it can cause mine to flare up	Monday, Aug 15th 12:06PM
 159,898,018	Just like soda, the alcohol causes unpredictable bloating pains and discomfort. The chemicals eat away at the disease i think.	Monday, Aug 15th 12:07PM
 159,898,006	Depending on the Alcohol type. Blush wine or clear distilled spirits seems to help. Beer is no good.	Monday, Aug 15th 12:07PM
 159,897,993	I've been sober for 15 years, way longer than I had colitis.	Monday, Aug 15th 12:08PM
	My symptoms increase/are noticeable after consuming alcohol	Monday, Aug 15th

159,897,968	my symptoms increase/are noticeable after consuming alcohol.	12:05PM
159,897,932	Guinness doesn't seem to affect colitis.	Monday, Aug 15th 12:05PM
159,897,930	Need the toilet more the following day and can be like going through the eye of a needle	Monday, Aug 15th 12:05PM
159,897,915	It is hard to say for sure, but for me a glass of wine, a decent beer, a glass of scotch or a tequilero of mexcal or tequila doesn't seem to bother my friend the colon.	Monday, Aug 15th 12:04PM
159,897,894	Only when I am experiencing a flare	Monday, Aug 15th 12:06PM
159,897,841	I don't always have bloating or gas after drinking but when I do I often wonder if it's from something else.	Monday, Aug 15th 12:04PM
159,897,808	Diarrhea	Monday, Aug 15th 12:04PM
159,895,197	It always felt like I was being squeezed from the inside out.	Monday, Aug 15th 11:11AM
159,894,921	Rough on colon, dehydrates you way too much. My UC colon needs lots of hydration for soft poop. I've been medication free for over three years and counting. Gluten free Dairy free Bad sugar free (worst thing for UC in my opinion) Alcohol free	Monday, Aug 15th 11:06AM
159,894,587	Wine will bring in a flare	Monday, Aug 15th 11:01AM
159,893,074	It seems like I actually have fewer bowel movements the day after drinking. Unless I take ibuprofen for headache, which I know causes bleeding.	Monday, Aug 15th 10:29AM
159,887,642	Sometimes when I drink I will have the runs the next day but it gets better.	Monday, Aug 15th 9:13AM
159,886,564	If I am experiencing a flair up - alcohol in any form makes it worse	Monday, Aug 15th 8:51AM
159,886,256	Alcohol makes my joints ache and stomach gurgle.	Monday, Aug 15th 8:48AM
159,885,950	Newly diagnosed. Still in a severe flare. Uncertain as to what affects my UC since it's not been managed yet.	Monday, Aug 15th 8:46AM
159,884,936	Get a little gassy, and bloated other than that not much changes	Monday, Aug 15th 8:23AM
159,883,878	I don't notice a difference when I drink	Monday, Aug 15th 8:11AM
159,883,724	have same bowel movements regardless	Monday, Aug 15th 8:11AM
159,883,294	Too much wine makes me bleed and beer gives me terrible cramps.	Monday, Aug 15th 8:00AM

 159,883,138	Had a mixed drink after being diagnosed (during a period of remission) and ended up with what appeared to be the start of a flare. Decided it was not worth risking months of dealing with a flare just to have an alcoholic beverage. Do miss it though.	Monday, Aug 15th 7:57AM
 159,883,066	In a flare I do not drink, but while in remission, certain drinks(wine and beer) seem to work out just fine.	Monday, Aug 15th 7:57AM
 159,882,708	It causes me to have bleeding, I'm guessing due to the inflammatory effects of the alcohol.	Monday, Aug 15th 7:50AM
 159,882,202	Depending on what i drink yes but then i can have the same thing again and no effect.	Monday, Aug 15th 7:41AM
 159,882,008	The pain it causes me is not worth the Glass of wine I miss so much	Monday, Aug 15th 7:36AM
 159,881,823	In the 20+ years of being a UCer, I've never had a problem caused by drinking alcohol. Then again, even when younger, I rarely drank more than one drink a day, more because I don't like losing control than because I was concerned about triggering inflammation.	Monday, Aug 15th 7:20AM
 159,881,780	I stopped drinking alcohol immediately after diagnosis, so I can't say.	Monday, Aug 15th 7:25AM
 159,881,728	It depends entirely on the drink	Monday, Aug 15th 7:28AM
 159,880,873	I drink my stomach hurts. I dont drink it doesnt.	Monday, Aug 15th 7:09AM
 159,880,762	I have been in remission for over 2 years with no problems. I am on 6mp	Monday, Aug 15th 7:02AM
 159,880,386	Flared after having a beer a few months back. Avoided since.	Monday, Aug 15th 6:55AM
 159,880,217	I try to avoid it. I may have a beer here or there for the taste, but that's it. Alcohol un larger qtys seems to cause more problems than it's worth and it takes too long to recover from.	Monday, Aug 15th 6:48AM
 159,879,801	Wine causes pain during flare	Monday, Aug 15th 6:37AM
 159,879,580	Blackberry brandy actually calms abdominal pain and cramping. Beer & other alcohol would probably make things worse!!!	Monday, Aug 15th 6:28AM
 159,879,399	I've typically experienced diarrhea after drinking my favorite fruity girly drinks, so it's hard to say.	Monday, Aug 15th 6:24AM
 159,879,225	Sometimes u think water affects my colitis	Monday, Aug 15th 6:21AM
 159,879,099	I will if you overdo	Monday, Aug 15th 6:14AM
 159,878,769	Mostly the next morning will feel the cramps and diarrhea set in. Usually only last the day after though. And I am able to combat it with cannabis use. ALSO, I'm currently on Remicade treatments every 8 wks.	Monday, Aug 15th 6:00AM
 159,878,664	Sometimes yes Sometimes no Don't drink that often when in a flair	Monday, Aug 15th 6:03AM
	Every time I drink, the next morning it is cramps and BM.	Monday, Aug 15th -----


159,878,576		6:00AM
	I get stomach cramps and diarrhoea the following morning	Monday, Aug 15th 5:27AM
159,877,568		
	I have symptoms of a flair the next day	Monday, Aug 15th 5:21AM
159,877,187		
	Pain the next day. I may have a beer and nothing happens but if I have two or three it is game on the next day regarding BM frequency.	Monday, Aug 15th 5:06AM
159,876,703		
	Definitely impacts negatively	Monday, Aug 15th 4:25AM
159,875,180		
	After consuming certain alcoholic beverages I tend to have a little flare with my UC. Mainly stomach pain, diarrhea and sometimes vomiting.	Monday, Aug 15th 4:22AM
159,875,156		
	I quit drinking a year ago dur to severe UC. And I am still with the horrible symptoms not matter what I eat or drink..but to be safe and not to get worse that I already am I, I am.not drinking.	Monday, Aug 15th 4:09AM
159,874,788		
	I stopped drink because flare. I think it has an impact after some time of illness. I mean at least few years	Monday, Aug 15th 3:51AM
159,874,270		
	I do not drink alcohol.	Monday, Aug 15th 3:44AM
159,874,044		
	I noticed bloody diarrhea the day after having one glass of wine. I am currently in a flareup.	Monday, Aug 15th 3:34AM
159,873,891		
	It makes no difference to me even during a flare	Monday, Aug 15th 3:34AM
159,873,766		
	Symptoms are exacerbated by alcohol consumption	Monday, Aug 15th 3:23AM
159,873,517		
	im not sure, but i think yes, sometimes when i have acute	Monday, Aug 15th 3:20AM
159,873,467		
	Somedays yes, somedays no	Monday, Aug 15th 3:13AM
159,873,430		
	I find that if I drink too much of it then I get pain in my joints although I drink the alcohol with mixers and I find that too much of any high in sugar sodas cause the same thing. But I also find that a small amount of alcohol can also soothe the inflammation as if maybe the alcohol dulls the immune system	Monday, Aug 15th 3:01AM
159,873,236		
	I think alcohol among other things I also avoid triggers my uc	Monday, Aug 15th 3:04AM
159,873,106		
	Went into a flare after one beer.	Monday, Aug 15th 2:53AM
159,872,835		
	I usually get stomach aches/cramps and diarrhea after having a few drinks.	Monday, Aug 15th 2:50AM
159,872,780		
	Instant stomach cramps and many loo trips after consuming even half a glass of any alcohol	Monday, Aug 15th 2:48AM
159,872,693		
	I don't drink, so I'm not sure if it effects my UC or not.	Monday, Aug 15th 2:35AM
159,872,180		
	I stopped drinking and got better	Monday, Aug 15th 2:33AM

159,872,140


159,871,950

Ive been on a lot of medication for the past few months following an emergency surgery so drinks while I heal. Prior to this I find drinking in moderation (even a decent buzz) didnt really effect me.

Monday, Aug 15th
2:25AM


159,871,722

The Sugars in the alcohol or the drink mix cause a flare

Monday, Aug 15th
2:26AM