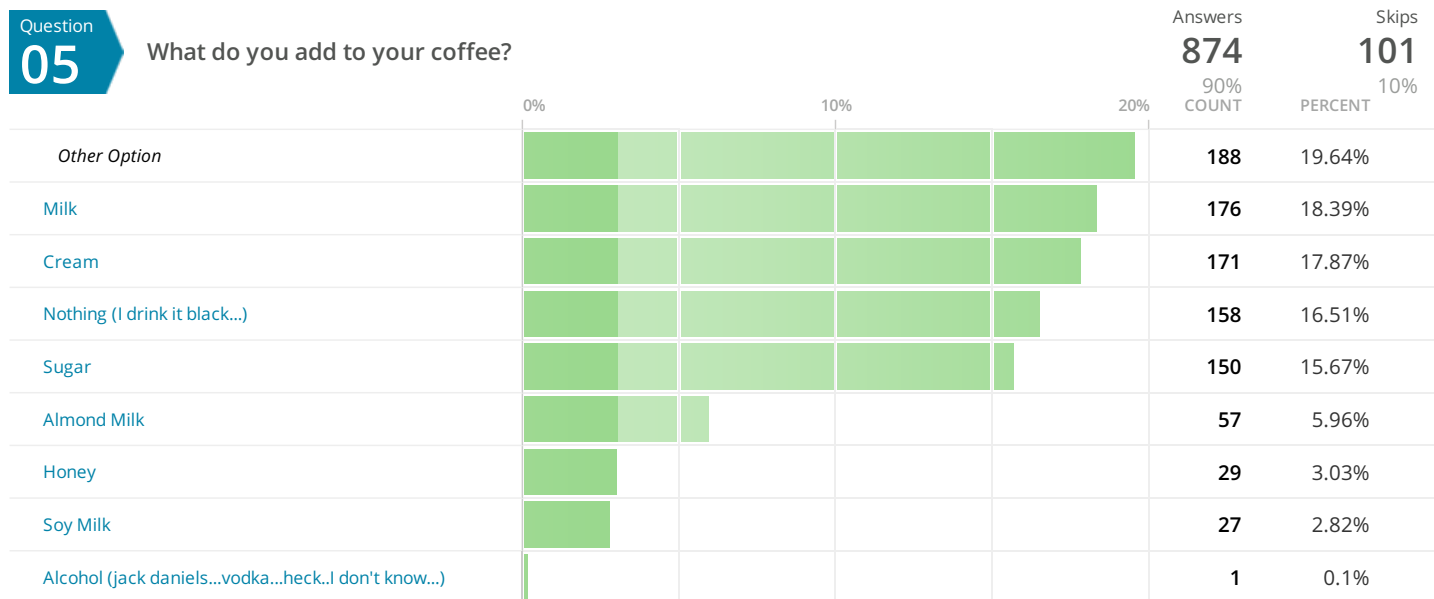


Coffee and Colitis Survey






















Result Details













































Other Responses






















Answers
188























	caramel syrup	146,561,270	Friday, Jan 22nd 7:51PM
	Torani syrup flavor	146,533,284	Friday, Jan 22nd 10:20AM
	Lactose free milk	146,524,183	Friday, Jan 22nd 7:58AM
	Splenda and coconut oil	146,505,780	Thursday, Jan 21st 10:58PM
	Sweet n Low	146,497,423	Thursday, Jan 21st 6:42PM
	I drink slushy coffee	146,479,813	Thursday, Jan 21st 1:27PM
	coffee mate. powderd milk	146,457,185	Thursday, Jan 21st 8:16AM
	Truvia	146,455,544	Thursday, Jan 21st 7:48AM
	skim milk	146,434,337	Wednesday, Jan 20th 7:58PM
	Rice milk	146,421,103	Wednesday, Jan 20th 3:26PM
	no coffee at all		Wednesday, Jan 20th 3:10PM























146,420,378			
	Rice Milk		Wednesday, Jan 20th 11:32AM
146,406,268			
	Powder cream		Wednesday, Jan 20th 9:27AM
146,394,075			
	lactose free milk		Tuesday, Jan 19th 7:58PM
146,355,121			
	Truvia I think		Tuesday, Jan 19th 6:18PM
146,351,281			
	Coconut milk, xylitol		Tuesday, Jan 19th 2:17PM
146,338,108			
	stevia		Tuesday, Jan 19th 2:15PM
146,337,969			
	light evaporated milk		Tuesday, Jan 19th 1:24PM
146,335,012			
	Powdered cream		Tuesday, Jan 19th 8:59AM
146,312,927			
	sugar free vanilla syrup		Tuesday, Jan 19th 9:03AM
			
14  01	i used to add milk before uc		Tuesday, Jan 19th 8:33AM
146,310,484			
	Fat free half and half and I stevia		Tuesday, Jan 19th 5:32AM
146,300,113			
	Lactose free milk		Tuesday, Jan 19th 1:29AM
146,291,732			
	non dairy creamer		Monday, Jan 18th 11:51PM
146,287,312			
	non dairy creamer		Monday, Jan 18th 11:51PM
146,287,311			
	non-dairy creamer		Monday, Jan 18th 10:24PM
146,280,818			
	Non dairy creamer		Monday, Jan 18th 10:24PM
146,280,632			
	Lactose intolerant		Monday, Jan 18th 4:19PM
146,256,672			
	Nestle creamer		Monday, Jan 18th 4:09PM
146,256,080			
	Coffee mate (claims to be gluten free)		Monday, Jan 18th 3:54PM
146,255,916			
	Also I only drink decaff filter coffee		Monday, Jan 18th 2:54PM
146,251,959			
	organic sugar and non dairy creamer		Monday, Jan 18th 2:28PM

146,251,034			
146,249,217	 I drink de caffeinated coffee	Monday, Jan 18th 2:08PM	
146,176,999	 Artificial sweetener	Monday, Jan 18th 12:53PM	
146,176,426	 estevia	Monday, Jan 18th 12:44PM	
146,173,936	 Hot chocolate	Monday, Jan 18th 12:45PM	
146,172,855	 Sugar Free Powder Creamer	Monday, Jan 18th 12:05PM	
146,171,125	 Coconut milk	Monday, Jan 18th 11:50AM	
146,161,861	 Sweet and Low	Monday, Jan 18th 11:26AM	
146,161,221	 Splenda, Stevia, nonfat creamer	Monday, Jan 18th 9:56AM	
146,159,751	 Honey	Monday, Jan 18th 9:50AM	
146,155,873	 Stevia	Monday, Jan 18th 9:38AM	
146,155,678	 Milk and sugar	Monday, Jan 18th 8:39AM	
146,154,967	 Lactate milk	Monday, Jan 18th 8:36AM	
146,154,877	 Milk and sugar	Monday, Jan 18th 8:29AM	
146,154,351	 Flavored Creamer and Sugar	Monday, Jan 18th 8:14AM	
146,152,657	 cream and sweetener	Monday, Jan 18th 8:15AM	
146,152,397	 non-dairy creamer - coffeemate liquid	Monday, Jan 18th 7:59AM	
146,151,320	 Nothing. Cant drink it.	Monday, Jan 18th 7:28AM	
146,150,969	 Flavored Creamer	Monday, Jan 18th 7:18AM	
	 Xylitol	Monday, Jan 18th 6:53AM	
	 sometimes 1 spoon of Brown Sugar	Monday, Jan 18th 6:46AM	






















 146,150,181	Sweet n low	Monday, Jan 18th 6:26AM
 146,149,049	Don't drink any coffee	Monday, Jan 18th 5:57AM
 146,148,091	I don't drink coffee	Monday, Jan 18th 5:32AM
 146,147,717	coffee mate vanilla creamer	Monday, Jan 18th 5:19AM
 146,146,048	dont drink coffee	Monday, Jan 18th 4:29AM
 146,145,607	And cream.	Sunday, Jan 17th 11:37PM
 146,141,138	Cocoa oil	Monday, Jan 18th 1:26AM
 146,139,574	Milk and sugar	Monday, Jan 18th 12:42AM
 146,139,174	Sweet N low, coffee mate French vanilla	Monday, Jan 18th 12:26AM
 146,139,073	Stevia	Monday, Jan 18th 12:26AM
 146,138,399	Stevia	Sunday, Jan 17th 11:44PM
 146,138,368	goat milk	Monday, Jan 18th 12:03AM
 146,136,866	Non dairy creamer	Sunday, Jan 17th 11:17PM
 146,136,856	Milk & sugar	Sunday, Jan 17th 11:13PM
 146,136,210	Whipping cream	Sunday, Jan 17th 10:54PM
 146,135,972	Vanilla non dairy creamer	Sunday, Jan 17th 10:50PM
 146,135,919	Flavored syrup	Sunday, Jan 17th 10:48PM
 146,135,574	Hazelnut fat free creamer	Sunday, Jan 17th 10:36PM
 146,135,266	Coconut creamer	Sunday, Jan 17th 10:28PM
 146,134,872	Coconut milk	Sunday, Jan 17th 10:21PM
 146,133,374	Milk and sugar	Sunday, Jan 17th 9:34PM
		Sunday, Jan 17th











	non dairy cramer	Sunday, Jan 17th 9:29PM
146,133,188		
	Rice milk and coconut oil	Sunday, Jan 17th 9:21PM
146,133,129		
	Sugar free creamer	Sunday, Jan 17th 9:28PM
146,133,089		
	Non-Dairy Creamer and Truvia	Sunday, Jan 17th 9:22PM
146,132,853		
	Sugar free sweetner	Sunday, Jan 17th 9:16PM
146,132,684		
	Milk chocolate coco	Sunday, Jan 17th 9:07PM
146,132,476		
	Lactose free milk	Sunday, Jan 17th 9:05PM
146,132,380		
	Stevia	Sunday, Jan 17th 9:04PM
146,132,281		
	and 1 sugar	Sunday, Jan 17th 9:03PM
146,132,237		
	Lactose free milk	Sunday, Jan 17th 8:43PM
146,131,572		
	Creamers	Sunday, Jan 17th 8:32PM
146,131,429		
	Lactose free milk	Sunday, Jan 17th 8:34PM
146,131,258		
	flavored creamer	Sunday, Jan 17th 8:10PM
146,130,253		
	NA	Sunday, Jan 17th 8:11PM
146,130,198		
	Sweet & Low	Sunday, Jan 17th 7:44PM
146,129,272		
	Steva	Sunday, Jan 17th 7:40PM
146,129,146		
	Stevia	Sunday, Jan 17th 7:41PM
146,129,130		
	Splenda	Sunday, Jan 17th 7:31PM
146,128,941		
	I drink an iced mocha everyday .	Sunday, Jan 17th 7:23PM
146,128,803		
	Fat free half and half.....stevia	Sunday, Jan 17th 7:29PM
146,128,759		
	Can't drink it but when I did I would have it with milk	Sunday, Jan 17th 7:29PM
146,128,755		

	Sometimes milk and sometimes soy milk	Sunday, Jan 17th 7:24PM	
146,128,571		splenda	Sunday, Jan 17th 7:14PM
146,128,221		Creamer (sweet cream usually)	Sunday, Jan 17th 7:10PM
146,128,091		Coffeemate	Sunday, Jan 17th 7:08PM
146,127,943		Coconut milk	Sunday, Jan 17th 6:58PM
146,127,678		Non dairy creamer	Sunday, Jan 17th 7:00PM
146,127,610		Not a coffee drinker	Sunday, Jan 17th 6:55PM
146,127,583		sugar	Sunday, Jan 17th 6:59PM
146,127,496		creamer	Sunday, Jan 17th 6:56PM
146,127,225		Homemade coconut milk	Sunday, Jan 17th 6:55PM
146,127,120		Sugar	Sunday, Jan 17th 6:44PM
146,126,891		some black and some french vanilla	Sunday, Jan 17th 6:42PM
146,126,772		Sugar	Sunday, Jan 17th 6:41PM
146,126,686		1/2 sweet&low & mocha mix	Sunday, Jan 17th 6:42PM
146,126,654		Half and half, half the time	Sunday, Jan 17th 6:37PM
146,126,478		Don't drink the stuff	Sunday, Jan 17th 6:37PM
146,126,471		Honey and rice milk	Sunday, Jan 17th 6:40PM
146,126,464		flavored creamers fancy kind like Starbucks	Sunday, Jan 17th 6:25PM
146,126,180		flavored creamer, 1tsp per 6oz	Sunday, Jan 17th 6:31PM
146,126,147		I do not drink it at all - nothing	Sunday, Jan 17th 6:29PM
146,126,000		Nondairy creamer	Sunday, Jan 17th 6:27PM
146,125,877			Sunday, Jan 17th

	Do not drink coffee	6:27PM
146,125,861		
	Skim milk	Sunday, Jan 17th 6:20PM
146,125,548		
	Half and half	Sunday, Jan 17th 6:09PM
146,125,004		
	Nutpods creamer	Sunday, Jan 17th 5:58PM
146,124,541		
	sugar and cream	Sunday, Jan 17th 5:49PM
146,124,394		
	flavored syrup	Sunday, Jan 17th 5:35PM
146,123,652		
	Coconut milk (Goya)	Sunday, Jan 17th 5:37PM
146,123,571		
	Coffee Mate powder	Sunday, Jan 17th 5:36PM
146,123,515		
	Lactose free milk	Sunday, Jan 17th 5:37PM
146,123,463		
	Sweetener	Sunday, Jan 17th 5:32PM
146,123,334		
	Sugar free caramel syrup	Sunday, Jan 17th 5:29PM
146,123,241		
	Butter or ghee. Sometimes coconut oil	Sunday, Jan 17th 5:28PM
146,123,046		
	coffee mate	Sunday, Jan 17th 5:11PM
146,122,587		
	Sweet & Low	Sunday, Jan 17th 5:13PM
146,122,131		
	Coconut milk	Sunday, Jan 17th 5:11PM
146,122,097		
	When I drank coffee I drank it black	Sunday, Jan 17th 5:04PM
146,121,607		
	soy milk, sugar and flavored syrups Starbucks cinnamon dolce latte decaf	Sunday, Jan 17th 5:01PM
146,121,552		
	Coconut milk	Sunday, Jan 17th 5:02PM
146,121,517		
	Sweetener the pink package usually or sometimes sugar	Sunday, Jan 17th 4:51PM
146,121,097		
	It was nothing when I was able to drink coffee.	Sunday, Jan 17th 4:53PM
146,120,995		
	Lactose Free Milk	Sunday, Jan 17th 4:49PM
146,120,837		
	Kerrygold butter, high octane coconut oil, Maca, cacao, & now 1/2 teaspoon of matcha green tea	Sunday, Jan 17th

146,120,420	honey, ghee butter, high octane coconut oil, maca, cacao, & now 1/2 teaspoon of matcha green tea.	4:43PM
146,120,321	Sugar and milk with a small bit of cream	Sunday, Jan 17th 4:42PM
146,119,995	Sweetener	Sunday, Jan 17th 4:37PM
146,119,951	Goat milk, it doesn't bother my colitis	Sunday, Jan 17th 4:31PM
146,119,796	Sugar and soy milk	Sunday, Jan 17th 4:31PM
146,119,739	Organic half and half bout a tablespoon and raw honey or organic grade b maple syrup.	Sunday, Jan 17th 4:27PM
146,119,360	sweet and low	Sunday, Jan 17th 4:22PM
146,119,349	Coconut milk , molasses	Sunday, Jan 17th 4:22PM
146,119,333	N/A	Sunday, Jan 17th 4:21PM
146,119,271	stevia	Sunday, Jan 17th 4:18PM
146,119,161	Non dairy creamer	Sunday, Jan 17th 4:16PM
146,119,153	Coconut milk or almond milk	Sunday, Jan 17th 4:10PM
146,118,954	Cream & stevia	Sunday, Jan 17th 4:11PM
146,118,631	No coffee	Sunday, Jan 17th 3:58PM
146,118,396	Lactose free milk	Sunday, Jan 17th 4:02PM
146,118,350	And sugar	Sunday, Jan 17th 4:00PM
146,118,328	Coffee mate creamer	Sunday, Jan 17th 3:59PM
146,118,283	coconut milk and butter	Sunday, Jan 17th 3:49PM
146,118,068	Stevia without any artificial additives	Sunday, Jan 17th 3:49PM
146,117,983	A bit of sugar free hazelnut syrup	Sunday, Jan 17th 3:53PM
146,117,983	Splenda	Sunday, Jan 17th 3:51PM
	Chocolate milk for a mocha	Sunday, Jan 17th










146,117,975	 Don't drink coffee	Sunday, Jan 17th 3:48PM
146,117,810	 goat milk; use cow if run out	Sunday, Jan 17th 3:46PM
146,117,765	 Stevia sugar	Sunday, Jan 17th 3:36PM
146,117,680	 lactose free cream	Sunday, Jan 17th 3:42PM
146,117,651	 splenda and powder creamer	Sunday, Jan 17th 3:42PM
146,117,548	 Don't drink coffee	Sunday, Jan 17th 3:35PM
146,117,293	 brown sugar	Sunday, Jan 17th 3:24PM
146,117,289	 Powder coffee creamer	Sunday, Jan 17th 3:33PM
146,117,253	 Cremora	Sunday, Jan 17th 3:33PM
146,117,178	 Solenda	Sunday, Jan 17th 3:30PM
146,117,122	 Lactaid and sugar	Sunday, Jan 17th 3:31PM
146,117,096	 Milk & Sugar	Sunday, Jan 17th 3:27PM
14 49 146,116,803	 sugar free fat free flavored creamer	Sunday, Jan 17th 3:26PM
146,116,727	 Honey and fat free milk	Sunday, Jan 17th 3:22PM
146,116,696	 don't drink it	Sunday, Jan 17th 3:23PM
146,116,684	 sweetener (stevia)	Sunday, Jan 17th 3:22PM
146,116,544	 Honey, coconut oil & coconut milk	Sunday, Jan 17th 3:20PM
146,116,473	 Coconut milk	Sunday, Jan 17th 3:18PM
146,116,381	 Protein powder or collagen hydrosolate	Sunday, Jan 17th 3:17PM
146,116,226	 milk or cream and sugar	Sunday, Jan 17th 3:13PM
	 Flavored creamers	Sunday, Jan 17th 3:13PM





















146,116,220			3:12PM
	Chocolate		Sunday, Jan 17th 3:14PM
146,116,195			
	Stevia		Sunday, Jan 17th 3:12PM
146,116,175			
	also honey		Sunday, Jan 17th 3:10PM
146,116,099			
	Cashew milk		Sunday, Jan 17th 3:10PM
146,116,014			
	Syrup flavour		Sunday, Jan 17th 3:07PM
146,115,970			
	Coconut oil & cocoa		Sunday, Jan 17th 3:09PM
14  66			
	I'm a tea drinket		Sunday, Jan 17th 3:06PM
146,115,894			
	Maple syrup		Sunday, Jan 17th 3:07PM
146,115,845			
	Milk or cream and honey or sugar		Sunday, Jan 17th 3:05PM
146,115,832			




















Any helpful comments you'd like to share...

Comments




















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	Sometimes I feel ok when I have a coffee then I suffer really bad,I think it's the caffeine and the dairy milk thats ithe problem as when it's Caffeine free and no dairy I feel ok afterwards.		Friday, Jan 22nd 2:22PM
146,549,060			
	Not sure how it affects my UC, but since being ketogenic diet, been soooo much better! Little to no wheat, low sugar 80% of the time.		Thursday, Jan 21st 6:42PM
146,497,423			
	Just drink them about once a month.		Thursday, Jan 21st 1:27PM
146,479,813			
	no		Thursday, Jan 21st 8:16AM
146,457,185			
	When going to Dunkin Donuts and you order a flavored coffee like peppermint mocha or Pumkin I only ask for skim milk NO sugar.		Wednesday, Jan 20th 7:58PM
146,434,337			
	Rarely drink coffee, if I do its half caffeinated and I use almond or soy milk no sweeteners.		Tuesday, Jan 19th 10:28PM
146,359,869			
	When I drink coffee there is a period of about an hour, where I experience heightened urgency and I might have a couple of trips to the bathroom. If I do it in the morning it basically gets all my pooping out of the way first thing.		Tuesday, Jan 19th 7:50PM
146,354,891			
	I haven't had coffee in 3 years because of colitis. I used to drink it with almond milk and sugar. It triggered several flare ups		Tuesday, Jan 19th 7:02PM
146,353,008			
	a cup of coffee in the morning sometimes brings on urges or loo visits.		Tuesday, Jan 19th 1:24PM
146,335,012			





















 146,319,372	Fat Free French Vanilla creamer	Tuesday, Jan 19th 10:10AM
 146,305,017	Careful with lactose based products	Tuesday, Jan 19th 6:56AM
 146,283,514	Just a little cream but mostly sugar-free creamer; I'm trying to stick with the SCD diet.	Monday, Jan 18th 10:54PM
 146,280,818	unless I go to dunkin donuts, they have reg milk/cream..or what ever it is.	Monday, Jan 18th 10:24PM
 146,275,998	If I put sugar and or cream it does affect how many bowels movements I have per day. I can only drink one cup per day and sometimes I only drink coffee on weekends.	Monday, Jan 18th 9:02PM
 146,265,044	You didn't mention DECAF coffee. That's the only kind I dare drink. Even then, i know that if it's a bit strong, it's not a good idea.	Monday, Jan 18th 6:58PM
 146,261,709	Coffee does stimulate the bowels for sure.. I don't have it during a full flare up but during remission...oh yeah. And of course when on prednisone and now you're constipated, it helps get the bowels moving.	Monday, Jan 18th 6:04PM
 146,260,786	During a flare any way i drink coffee agravates n sends me to restroom.when in remision i ALWAYS mix it with almond milk n im fine doesnt agravate me at all!!	Monday, Jan 18th 5:42PM
 146,259,944	i drink decaf	Monday, Jan 18th 5:31PM
 146,259,312	I think coffee helps to clear out my large intestine and get rid of the fecal matter, instead of staying there.	Monday, Jan 18th 5:13PM
 146,259,098	I always drink decafe coffee	Monday, Jan 18th 5:10PM
 146,258,412	1 cup of decaf coffee with creamer per day doesn't bother me. It's when I drink caffeinated coffee that my guts react at times. Especially if it's a regular mocha, which I love and crave and sometimes indulge in and take a chance that it will affect my UC. Re: alcohol in coffee or otherwise: that is a whole different thing. I only drink an occasional glass of white wine. And then only ONE glass, or I have cramps and issues.	Monday, Jan 18th 4:55PM
 146,256,672	I had to stop drinking coffee about 6 months ago because it triggered bleeding...	Monday, Jan 18th 4:19PM
 146,254,583	I now have hot chocolate instead of coffee with almond milk.	Monday, Jan 18th 3:37PM
 146,251,959	Also I only drink decaff filter coffee. I've blended butter or MCT oil into my coffee before, tastes wonderful, great for energy. Doesn't appear to affect my UC.	Monday, Jan 18th 2:54PM
 146,248,372	I have not drink coffee ever since I was diagnosed with UC. Since I stopped drinking coffee I never started back up again. Only caffeine I drink now is tea, especially after I ended up having my colon removed.	Monday, Jan 18th 1:46PM
 146,244,498	Small amount of cream and a little auuger. Recently gave up artificial sweeteners	Monday, Jan 18th 1:48PM
 146,177,719	I have found that drinking even one mug (2 Cups) of coffee, it stimulates my urge and ability to have a bowel movement. Usually this occurs within an hour of drinking the coffee.	Monday, Jan 18th 1:01PM
 146,177,359	Unsweetened Almond milk	Monday, Jan 18th 12:53PM
 146,177,359	It definitely makes you go to the toilet more!!	Monday, Jan 18th 12:48PM

146,176,740		12:48PM
	I drink half decaf	Monday, Jan 18th 10:39AM
146,166,841		
	I try and use brown sugar always.	Monday, Jan 18th 10:31AM
146,165,800		
	Sometimes coffee mate powder milk	Monday, Jan 18th 10:25AM
146,164,881		
	I have colitis, it is not ulcerous.	Monday, Jan 18th 8:39AM
146,155,873		
	I can drink a tiny bit of watered-down coffee... I literally add water to it. Coffee is so acidic, so it's hard on the intestines. Caffeine is hard on the system too, which is why I can't have it much... Maybe a 1/2 cup every other month as a treat, and always organic.	Monday, Jan 18th 7:59AM
146,154,182		
	Small 2 ounces of frothed whole milk per cup	Monday, Jan 18th 6:53AM
146,151,320		
	Usually decaffeinated.	Monday, Jan 18th 6:10AM
146,149,476		
	I also drink tea with milk	Monday, Jan 18th 5:53AM
146,148,974		
	I have decafe with a sweetener.	Monday, Jan 18th 5:49AM
146,148,878		
	I don't drink coffee or tea - I can't even drink decaf, but I also found out 6 months ago that I am dairy and soy intolerant - since I gave them up, my whole life has changed	Monday, Jan 18th 5:32AM
146,148,293		
	I only ever drink decaf, black or with cow milk (obviously I'm not lactose intolerant) I cannot tolerate any other coffee	Monday, Jan 18th 4:30AM
146,146,047		
	Plus sweeteners	Monday, Jan 18th 4:06AM
146,145,286		
	I also only drink 'real' coffee; i.e. not instant. Primarily this is because it is the coffee allowed on the Specific Carbohydrate Diet.	Monday, Jan 18th 3:57AM
146,145,160		
	Drink Decaf!!	Monday, Jan 18th 3:30AM
146,144,456		
	Usually drink it very weak: espresso with boiled water and a little bit of milk. However, that can still make me want to go to the toilet.	Monday, Jan 18th 2:10AM
146,143,615		
	Usually have skimmed milk, sometimes just have it black	Monday, Jan 18th 2:55AM
146,143,376		
	I add creamer and chocolate	Monday, Jan 18th 2:25AM
146,142,685		
	Stopped drinking it when I realised that it made my condition worse	Monday, Jan 18th 1:10AM
146,140,633		
	I have very small amount of regular coffee added to hot almond or coconut milk. The key is to limit the amount of coffee. I always add honey & cinnamon	Monday, Jan 18th 12:19AM
146,138,980		




















Allergic to milk and the blue packet diet sugar. So went to Stevia, Did Naet testing which said allergic to caffeine. Tried

 146,138,399	low acid I still got a raw anus and hurt real bad and decaffeinated did not work either. dr. said I have Colitis, well inflammation small intestine and large and stomach too don't know about ulcers but get fissures, found out thru ultra sound. Told me very plain diet and still have trouble might be candida causing more allergies or vitamin/mineral deficiency or problem with adrenals. I love love coffee and can not have it anymore.SAD.	Sunday, Jan 17th 11:44PM
 146,136,710	I now drink decaf.	Sunday, Jan 17th 11:11PM
 146,135,823	When in remission and drinking 1 cup a day as I used to a few years ago. I didn't see any bad effects. Now if I have 1 here and there - sometimes I feel good other times not sure if it agrees with - stomach doesn't always feel the best afterward, sometimes faster heart beat with a feeling of restlessness. I personally would never drink coffee during a flare	Sunday, Jan 17th 10:44PM
 146,135,434	I really believe it does affect my colitis...decaf is not as bad!	Sunday, Jan 17th 10:31PM
 146,135,026	Splenda	Sunday, Jan 17th 10:23PM
 146,134,281	I don't think food or drink is a factor in UC. I think UC is a mystery to the victim and all of the Doctors.	Sunday, Jan 17th 9:58PM
 146,134,279	I don't drink coffee	Sunday, Jan 17th 9:59PM
 146,134,156	I have bout half a cup a week, because I love the taste. But it seems me running to the bathroom	Sunday, Jan 17th 9:57PM
 146,133,952	I drink a coffee that is low acidity has little to no mycotoxins and only after I have had about 20 ounces of water and some food keeps my uc under control	Sunday, Jan 17th 9:50PM
 146,133,783	Please allow selection of multiple items for this question.	Sunday, Jan 17th 9:46PM
 146,133,374	Only decaf, seems worse if I drink caffeinated coffee.	Sunday, Jan 17th 9:34PM
 146,133,188	I drink decaffeinated coffee ONLY	Sunday, Jan 17th 9:29PM
 146,133,129	I drink decaf most of the time. It seems to be the caffeine that bothers my UC	Sunday, Jan 17th 9:21PM
 146,132,615	Organic Half & Half is the only dairy that I can tolerate and it doesn't have carrageenan in it, which I avoid like the plague.	Sunday, Jan 17th 9:10PM
 146,132,476	Only drink a half cup a day	Sunday, Jan 17th 9:07PM
 146,132,380	I drink it black when lactose free milk is not available.	Sunday, Jan 17th 9:05PM
 146,132,237	If it is instant coffee, it is 1 tsp. Sugar and milk. But when I have a Tim Horton's coffee, I always have it half hot water with 2 milk, one sugar. Having it half hot water is not as harsh on my body.	Sunday, Jan 17th 9:03PM
 146,132,034	I have noticed that the coffee itself doesn't upset my stomach as much as it affects my taste buds. If I drink more than one cup of coffee it gives me a headache from the salty tastes. Whether or not this is from the medications (6mp and Delzicol), one cup suffices. I did have a Cafe Thai Latte which actually was very good and done with soy milk.	Sunday, Jan 17th 8:54PM
		Sunday, Jan 17th

	Sugar	Sunday, Jan 17th 8:36PM
146,131,419		
	I used to drink it prior to being diagnosed with UC this past October. Prior to my diagnosis, I drank 1-2 cups a day. Typically one in am only. With almond milk. Since UC I cannot tolerate it and pay for it later if u have a cup in am.	Sunday, Jan 17th 8:28PM
146,131,143		
	I must have decaf or half decaf, full caff hurts my stomach bad	Sunday, Jan 17th 8:19PM
146,130,874		
	I drink a lot of water before and after to keep the caffeine from getting to me.	Sunday, Jan 17th 8:10PM
146,130,562		
	I only drink cold brew coffee - made at home (Toddy) or from coffee shop that I know	Sunday, Jan 17th 7:55PM
146,129,751		
	Coffee slightly increases frequency of diarrhoea during episodes b	Sunday, Jan 17th 7:53PM
146,129,665		
	I can only choose one option but I add sugar and vanilla flavored creamer	Sunday, Jan 17th 5:52PM
146,128,628		
	Also add cream or milk	Sunday, Jan 17th 7:22PM
146,128,600		
	Decaf!!!	Sunday, Jan 17th 7:15PM
146,128,227		
	Non-fat milk I ONLY drink ice coffee (vanilla or mocha)	Sunday, Jan 17th 7:11PM
146,128,205		
	I drink very little "pure" coffee. Most mornings I drink a mixture of 1/2 decaf & 1/2 half & half regular & decaf. I can't handle the "full blast" any more :-)	Sunday, Jan 17th 7:10PM
146,128,091		
	i also do caffeine free, occasionally reg. coffee if i run out of decaf.	Sunday, Jan 17th 6:56PM
146,127,225		
	Sugar half n half sometimes milk too. Almond milk when I'm home	Sunday, Jan 17th 6:50PM
146,127,199		
	It's typically the dairy creamers that upsets my stomach more than it is the coffee, but I'm addicted to the caffeine.	Sunday, Jan 17th 6:51PM
146,127,136		
	I just found out that dairy triggers my UC. I have always known that chocolate and coffee give me diarrhea.	Sunday, Jan 17th 6:44PM
146,126,891		
	Have cut back on sugar in coffee and all other and it makes a difference in severity of a flair	Sunday, Jan 17th 6:41PM
146,126,686		
	flavored creamers fancy kind like Starbucks. Before diagnose with colitis drinking coffee, i usually experience stomach movement, feeling of having to go #2. So my point is, i get the same feelings and can pretty much tolerate coffee while diagnosed with colitis.	Sunday, Jan 17th 6:25PM
146,126,180		
	lactose free milk	Sunday, Jan 17th 6:01PM
146,124,668		
	I had to learn to drink with no sweetener. And of course no more Starbucks for me. Found all third party almond milk/coconut milk have carrageenan and sugar.	Sunday, Jan 17th 5:58PM
146,124,541		
	It mixes better when you warm the coconut milk and blend it with coffee in a blender. It comes out like a cappuccino with some froth. I also add a little pumpkin purée, cinnamon, and vanilla once in a while.	Sunday, Jan 17th 5:37PM
146,123,571		

 146,123,557	I always drink decaff coffee with soya or lactofree milk.	Sunday, Jan 17th 5:37PM
 146,123,511	I have switched to decaf	Sunday, Jan 17th 5:37PM
 146,123,347	I drink herbal tea and add soy free dairy free creamers to help me get a coffee feel!!	Sunday, Jan 17th 5:34PM
 146,123,334	Splenda sweetener or similar.	Sunday, Jan 17th 5:32PM
 146,123,256	I was using manuka honey but my naturopath put me on the fodmaps diet and honey isnt allowed. Completely different to SCD but it seems to be working some people dont tolerate certain sugars...fructose for example.	Sunday, Jan 17th 5:29PM
 146,123,159	I think a light brew is ok, but if I drink a dark brew or hazelnut, then I am in trouble	Sunday, Jan 17th 5:30PM
 146,122,881	My coffee is always de-caf.	Sunday, Jan 17th 5:23PM
 146,122,677	Coffee gives me loose bowel movements so I have not used it for some time. I do like it but can't use it.	Sunday, Jan 17th 5:20PM
 146,122,587	Switched to flavored - think it's less harsh on my stomach	Sunday, Jan 17th 5:11PM
 146,122,566	I drink my coffee fairly milky.	Sunday, Jan 17th 5:18PM
 146,122,524	Coffee makes my flare real bad if not triggered uc to come back, so I'm gonna avoid if forever and ever!	Sunday, Jan 17th 5:18PM
 146,122,328	I drink decaf	Sunday, Jan 17th 5:15PM
 146,122,177	I add sugar too	Sunday, Jan 17th 5:13PM
 146,122,131	I do not drink coffee when I am in a flare, I switch to tea, gotta have the caffeine!	Sunday, Jan 17th 5:13PM
 146,122,097	Baking soda to nuetralize acidity. Read about it recently and so far it has helped with the burning / acidy feeling I used to get.	Sunday, Jan 17th 5:11PM
 146,121,964	I have been drinking black coffee for 55years and i have uc for 10years so I dont think coffee is the problem	Sunday, Jan 17th 5:07PM
 146,120,796	Decaf only	Sunday, Jan 17th 4:46PM
 146,120,321	First cup in the morning is with caffeine. No more caffeine after that; all others throughout the rest of the day are decaf. Btw, McCafe decay is the BEST?!!	Sunday, Jan 17th 4:42PM
 146,119,730	I canon my have coffee during remission during flares it is off limits	Sunday, Jan 17th 4:29PM
 146,119,678	I have not had coffee in 3 years after going gluten and dairy free.	Sunday, Jan 17th 4:29PM

Sunday, Jan 17th

	I use Keurig cappuccino.	4:25PM
146,119,640	<p></p> <p>Always decaff. I cannot tolerate the amount of caffeine in a single cup of coffee or shot of espresso. The only time I ever consume either (always in decaff form) is when my UC is in remission; otherwise it's incredibly irritating and worsens my symptoms. when in remission, I hate how coffee with caffeine makes me feel. It overstimulates me to the point of vibrating so hard that I almost feel ill and I feel nauseated. When I first felt this in college, I thought I was coming down with the flu body aches and fatigue and exhaustion until it passed and I realized it was the coffee I had that morning. I am incredible sensitive to caffeine as are many people.</p>	Sunday, Jan 17th 4:10PM
146,118,561	<p></p> <p>I put a scoop of hot chocolate and a scoop of dry creamer and then half n half. I make essentially a chocolate coffee. But when I'm in a flare it's back to weak tea.</p>	Sunday, Jan 17th 4:00PM
146,118,395	<p></p> <p>I only ever drink decaf- this makes a big difference for me. If I were having a flareup, I would stay away from coffee completely. It brings on an instant BM when I drink it. But now that I am inflammation-free, I can enjoy a cup or two every week without being worried. Overall, I am more of a tea drinker since being diagnosed with UC.</p>	Sunday, Jan 17th 3:56PM
146,118,379	<p></p> <p>milk is bad</p>	Sunday, Jan 17th 3:59PM
146,118,325	<p></p> <p>I also use Splenda. I like my coffee sweet and light and my lattes with flavor.</p>	Sunday, Jan 17th 3:57PM
146,118,127	<p></p> <p>I think the artificial sweeteners cause problems for me.</p>	Sunday, Jan 17th 3:49PM
146,118,114	<p></p> <p>now using half caff</p>	Sunday, Jan 17th 3:52PM
146,118,004	<p></p> <p>And organic stevia to sweeten</p>	Sunday, Jan 17th 3:51PM
146,117,975	<p></p> <p>I drink about 2 cups every week.</p>	Sunday, Jan 17th 3:51PM
146,117,810	<p></p> <p>I only drink tea (black, with milk only), or green tea</p>	Sunday, Jan 17th 3:48PM
146,117,769	<p></p> <p>I find drinking it black gives the least problems When I have a flare up I stop drinking it I'm trying to give up coffee as I firmly believe it's and trigger</p>	Sunday, Jan 17th 3:36PM
146,117,765	<p></p> <p>really drink until i do my morning bathroom business. then i do not allow myself any more.</p>	Sunday, Jan 17th 3:46PM
146,117,240	<p></p> <p>And sugar x2 White</p>	Sunday, Jan 17th 3:34PM
146,117,140	<p></p> <p>I only drink decaf as normal affects my UC</p>	Sunday, Jan 17th 3:32PM
146,117,128	<p></p> <p>Skim or non-fat milk only.</p>	Sunday, Jan 17th 3:29PM
146,117,122	<p></p> <p>I don't drink coffee during flare ups.</p>	Sunday, Jan 17th 3:30PM
146,117,096	<p></p> <p>I drink decaf.</p>	Sunday, Jan 17th 3:31PM
146,116,800	<p></p> <p>Coffee is ok for me. I hardly miss my morning cup. But I add milk without fail..</p>	Sunday, Jan 17th 3:25PM



Lactose free milk

146,116,766

Sunday, Jan 17th
3:25PM



I generally drink decaf and not every day. The caffeine keeps me awake.

146,116,684

Sunday, Jan 17th
3:22PM



I haven't had coffee in a long time because it effects my UC, but when I used to drink it, this is what I would put in it.

146,116,677

Sunday, Jan 17th
3:23PM



I don't drink it during a flare as it makes me have to go to the bathroom even more

146,116,664

Sunday, Jan 17th
3:23PM



Besides coffee the only other thing I drink, besides occasional beer is water,water,water.

146,116,325

Sunday, Jan 17th
3:11PM



sometimes syrup I like a starbucks and only drink coffee as a treat from there

146,116,215

Sunday, Jan 17th
3:13PM



If I ever drink coffee, it has to be loaded with sugar, cream, whipped cream, etc...

146,116,160

Sunday, Jan 17th
3:12PM



Milk and sugar too but couldn't choose both

146,115,970

Sunday, Jan 17th
3:07PM



Not sure if it would impact UC. Therefore, don't drink it. Would be curious to know if it's ok with others.

146,115,945

Sunday, Jan 17th
3:08PM



And cream

146,115,922

Sunday, Jan 17th
3:05PM



Maple syrup

146,115,845

Sunday, Jan 17th
3:07PM