

PUCAI Tracker

PUCAI stands for Pediatric Ulcerative Colitis Activity Index. Please complete this every day to track your child's symptoms.

A member of your child's medical team will review.

| Item | Points | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|---|-----------|-------|-------|-------|-------|-------|
| 1. Abdominal Pain | | | | | | |
| No Pain | 0 | | | | | |
| Pain can be ignored | 5 | | | | | |
| Pain cannot be ignored | 10 | | | | | |
| 2. Rectal Bleeding | | | | | | |
| None | 0 | | | | | |
| Small amount only, in <50% of stools | 10 | | | | | |
| Small amount with most stools | 20 | | | | | |
| Large amount (>50% of stool content) | 30 | | | | | |
| 3. Stool Consistency of Most Stools | | | | | | |
| Formed | 0 | | | | | |
| Partially Formed | 5 | | | | | |
| Completely Unformed | 10 | | | | | |
| 4. Number of Stools per 24 Hours | | | | | | |
| 0-2 | 0 | | | | | |
| 3-5 | 5 | | | | | |
| 6-8 | 10 | | | | | |
| >8 | 15 | | | | | |
| 5. Nocturnal Stools (any episode causing wakening) | | | | | | |
| No | 0 | | | | | |
| Yes | 10 | | | | | |
| 6. Activity Level | | | | | | |
| No limitation of activity | 0 | | | | | |
| Occasional limitation of activity | 5 | | | | | |
| Severe restricted activity | 10 | | | | | |
| Total Maximum Score | 85 | | | | | |