**Supplementary Data**

**Supplementary Table S1.** Summary of survey results

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| **Question** | **Query** | **Choices** | **Survey participants**  ***N* = 501** |
| ***Demographics, symptoms and treatment*** | | | |
| Q1, SA | Age | Total  <20  20s  30s  40s  50s  60s+ | 501  28 (5.6)  88 (17.6)  116 (23.2)  157 (31.3)  96 (19.2)  16 (3.2) |
| Q2, SA | Sex | Total  Male  Female | 501  223 (44.5)  278 (55.5) |
| Q3, SA | At what age were you diagnosed with ulcerative colitis? | Total  <20  20s  30s  40s  50s  60s+ | 501  94 (18.8)  127 (25.3)  121 (24.2 )  115 (23.0)  40 (8.0)  4 (0.8) |
| Q4, SA | What type of ulcerative colitis do you have? | Total  Total colitis  Left-side colitis  Proctitis  Unknown | 501  240 (47.9)  94 (18.8)  126 (25.1)  41 (8.2) |
| Q5, SA | Have you ever had surgery for ulcerative colitis? | Total  Yes  No | 501  28 (5.6)  473 (94.4) |
| Q6, MA | What medicines are you currently prescribed? | Total  Oral  Topical  Injection  Other | 501  448 (89.4)  210 (41.9)  106 (21.2)  57 (11.4) |
| Q7, SA | Are you satisfied with your current treatment for ulcerative colitis? | Total  Very satisfied  Somewhat satisfied  Neither satisfied nor dissatisfied  Somewhat dissatisfied  Very dissatisfied | 501  98 (19.6)  223 (44.5)  122 (24.4)  38 (7.6)  20 (4.0) |
| Q8, SA | How many times do you usually defecate in one day (when feeling well)? | Total  0  1  2  3  4  5  6  7–10  ≥11 | 501  3 (0.6)  170 (33.9)  154 (30.7)  78 (15.6)  27 (5.4)  27 (5.4)  14 (2.8)  22 (4.4)  6 (1.2) |
| Q9, SA | What was the frequency of defecation in the past 2 weeks? | Total  ≥5 times a day more than usual  3–4 times a day more than usual  1–2 times a day more than usual  Same as usual | 501  54 (10.8) 63 (12.6) 101 (20.2)  283 (56.5) |
| Q10, MAa | What time of day does the increased defecation occur? | Total  Before breakfast  After breakfast  Daytime  Nighttime  During sleep | 117  51 (43.6)  68 (58.1) 53 (45.3) 48 (41.0)  30 (25.6) |
| Q11, SA | How frequently did you have rectal bleeding when you defecated in the past 2 weeks? | Total  Almost every time Frequently (more than half the time) Half the time  Occasionally (less than half the time)  Rarely (less than once in 5 times) No blood seen (Mayo subscore 0)  Unknown | 501  45 (9.0)  31 (6.2)  29 (5.8) 36 (7.2)  90 (18.0) 255 (50.9)  15 (3.0) |
| Q12, SAb | Describe the rectal bleeding. | Total  Mostly blood (Mayo subscore 3)  Obvious blood with stool most of the time (Mayo subscore 2) Streaks of blood with stool less than half the time (Mayo subscore 1) | 231  16 (6.9)  75 (32.5)  140 (60.6) |
| Q13, SA | How frequently did you feel anxious about not making it to a toilet in time in the past 2 weeks? | Total  Almost every time Frequently (more than half the time)  Half the time Occasionally (less than half the time)  Rarely (less than once in 5 times)  Not at all | 501  26 (5.2)  20 (4.0) 28 (5.6)  48 (9.6) 159 (31.7) 220 (43.9) |
| Q14, SA | How frequently did you experience underwear soiling in the past 2 weeks? | Total  Almost every time:  Frequently (more than half the time)  Half the time  Occasionally (less than half the time)  Rarely (less than once in 5 times)  Not at all | 501  6 (1.2) 12 (2.4) 7 (1.4) 22 (4.4) 97 (19.4) 357 (71.3) |
| Q15, SA | How frequently did you experience the urge to defecate even when your intestine was empty in the past 2 weeks? | Total  Almost every time  Frequently (more than half the time)  Half the time  Occasionally (less than half the time)  Rarely (less than once in 5 times)  Not at all | 501  11 (2.2) 34 (6.8) 19 (3.8) 55 (11.0) 140 (27.9) 242 (48.3) |
| ***Impact on daily life*** | | | |
| Q16, MA | What symptom(s) do you want to improve? | Total  Bowel urgency  Diarrhea  Rectal bleeding  Abdominal pain  Sense of incomplete evacuation  Bowel incontinence  Other | 501  313 (62.5) 304 (60.7) 299 (59.7) 291 (58.1) 195 (38.9) 185 (36.9) 62 (12.4) |
| Q17, SA | Of the symptoms you picked in Q16, which one symptom would you most like to improve? | Total  Bowel urgency  Diarrhea  Rectal bleeding  Abdominal pain  Sense of incomplete evacuation  Bowel incontinence Other | 501  125 (25.0) 69 (13.8) 107 (21.4) 98 (19.6) 26 (5.2)  52 (10.4)  24 (4.8) |
| Q18, SA | To what extent is your daily life impacted by ulcerative colitis? | Total  Significantly impacted Slightly impacted Barely impacted  Not impacted | 501  177 (35.3)  202 (40.3)  106 (21.2) 16 (3.2) |
| Q19, MA | Which symptoms disturb your daily life? | Total  Abdominal pain  Bowel urgency  Diarrhea  Rectal bleeding  Sense of incomplete evacuation  Bowel incontinence  Other | 501  233 (46.5) 217 (43.3)  205 (40.9)  148 (29.5)  118 (23.6)  106 (21.2) 100 (20.0) |
| Q20, SA | What is your current occupation? | Total  Business owner/executive officer  Civil servant/corporate employee (field worker)  Civil servant/corporate employee (office worker)  Self-employed/freelancer  Part-time employment  Homemaker Student  Unemployed  Other | 501  9 (1.8)  62 (12.4) 157 (31.3)  38 (7.6) 84 (16.8) 45 (9.0)  48 (9.6)  27 (5.4) 31 (6.2) |
| Q21, MA | Do your work/school colleagues know about your ulcerative colitis? | Total  Yes, boss or teacher  Yes, colleagues or classmates  Yes, human resource or school office  No, no one knows | 501  316 (63.1) 281 (56.1) 149 (29.7) 96 (19.2) |
| Q22, SAc | Does your workplace/school offer support or consideration for your ulcerative colitis? | Total  Sufficient support/consideration is provided  Some support/consideration is provided  Not enough support/consideration is provided No support/consideration is provided | 405  72 (17.8) 178 (44.0) 89 (22.0)  66 (16.3) |
| Q23, MA | Has ulcerative colitis influenced your life (e.g. changing or quitting a job or school)? | Total  Took sick leave from work  Quit job  Changed job (to contract, part time)  Changed role within a company  Changed job (employed)  Took sick leave from school  Quit school  Changed school  None of the above | 501  124 (24.8)  92 (18.4)  45 (9.0)  37 (7.4)  28 (5.6) 14 (2.8)  11 (2.2) 3 (0.6) 267 (53.3) |
| ***Communications with medical professionals*** | | | |
| Q24, MA | What would you like to discuss with your doctor or nurses? | Total  Treatment methods  Troubles based on symptoms  Impact on daily life Other  Nothing special | 501  237 (47.3) 183 (36.5) 154 (30.7)  63 (12.6)  126 (25.1) |
| Q25, MAd | What symptoms do you hesitate to discuss with your doctor or nurses? | Total  Bowel incontinence  Bowel urgency  Sense of incomplete evacuation  Rectal bleeding  Diarrhea  Abdominal pain  Other  Nothing special | 375  75 (20.0)  43 (11.5)  29 (7.7)  26 (6.9)  25 (6.7)  24 (6.4)  42 (11.2)  229 (61.1) |
| Q26, MAe | For the symptoms that you hesitate to discuss with your doctor or nurses, where would you get your information instead? | Total  Medical information website  Patient blogs  Social networking site  Books or magazines  Patient association  Pharmacist at drug store  Leaflets from hospitals or drug stores  Television or radio  Other | 272  202 (74.3)  155 (57.0)  121 (44.5)  40 (14.7)  31 (11.4)  26 (9.6) 24 (8.8) 12 (4.4) 14 (5.1) |
| ***Use of topical preparations*** | | | |
| Q27, SA | Have you used topical preparations (intestinal infusion, suppository)? | Total  Yes No | 501  391 (78.0)  110 (22.0) |
| Q28, MA | What symptoms would you expect to improve with topical preparations? | Total  Rectal bleeding  Diarrhea  Abdominal pain  Bowel urgency  Bowel incontinence  Sense of incomplete evacuation  Other | 501  329 (65.7)  229 (45.7)  194 (38.7)  150 (29.9)  78 (15.6)  65 (13.0)  45 (9.0) |
| Q29, SA | Would you try topical preparations if they could be expected to improve your symptoms? | Total  Yes  No | 501  372 (74.3)  129 (25.7) |
| Q30, MAf | Please select the reasons why you would not want to try topical preparations (intestinal infusion, suppository). | Total  Anal discomfort after administration  Difficult administration method  Anal leakage after administration  Difficulty in changing body position after administrationg  Other | 129  62 (48.1)  61 (47.3)  45 (34.9)  29 (22.5)  37 (28.7) |

Data are shown as *n* (%).

aAsked only to participants who chose ‘5 times a day more than usual’ or ‘3–4 times a day more than usual’ on Q9.

bOnly includes participants who had rectal bleeding in Q11 (who responded other than ‘Not at all’ or ‘Unknown’).

cOnly includes participants who chose ‘Yes’ in Q21.

dOnly includes participants who answered other than ‘nothing special’ to Q24.

eOnly includes participants who answered other than ‘nothing special’ to Q25

fOnly includes participants who chose ‘No’ in Q29.

gIn Japan, repositioning is recommended in order to reach a more proximal position at the time of treatment administration.

MA, multiple-choice answer; SA, single-choice answer.