**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<2020s30s40s50s60s+ | 50128 (5.6)88 (17.6)116 (23.2)157 (31.3)96 (19.2)16 (3.2) |
| Q2, SA | Sex | TotalMaleFemale | 501223 (44.5)278 (55.5) |
| Q3, SA | At what age were you diagnosed with ulcerative colitis? | Total<2020s30s40s50s60s+ | 50194 (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? | TotalTotal colitisLeft-side colitisProctitisUnknown | 501240 (47.9)94 (18.8)126 (25.1)41 (8.2) |
| Q5, SA | Have you ever had surgery for ulcerative colitis? | TotalYesNo | 50128 (5.6)473 (94.4) |
| Q6, MA | What medicines are you currently prescribed? | TotalOralTopicalInjectionOther | 501448 (89.4)210 (41.9)106 (21.2)57 (11.4) |
| Q7, SA | Are you satisfied with your current treatment for ulcerative colitis? | TotalVery satisfiedSomewhat satisfiedNeither satisfied nor dissatisfiedSomewhat dissatisfiedVery dissatisfied | 50198 (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)? | Total01234567–10≥11 | 5013 (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 usual3–4 times a day more than usual1–2 times a day more than usualSame as usual | 50154 (10.8)63 (12.6)101 (20.2)283 (56.5) |
| Q10, MAa | What time of day does the increased defecation occur? | Total Before breakfastAfter breakfastDaytimeNighttime During sleep | 11751 (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? | TotalAlmost every timeFrequently (more than half the time)Half the timeOccasionally (less than half the time)Rarely (less than once in 5 times)No blood seen (Mayo subscore 0)Unknown | 50145 (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. | TotalMostly 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)  | 23116 (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? | TotalAlmost every timeFrequently (more than half the time) Half the timeOccasionally (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? | TotalAlmost 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? | TotalAlmost every timeFrequently (more than half the time)Half the timeOccasionally (less than half the time)Rarely (less than once in 5 times)Not at all | 50111 (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? | TotalBowel urgencyDiarrheaRectal bleedingAbdominal painSense of incomplete evacuationBowel incontinenceOther | 501313 (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? | TotalBowel urgencyDiarrheaRectal bleedingAbdominal painSense of incomplete evacuationBowel incontinenceOther | 501125 (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? | TotalSignificantly impactedSlightly impactedBarely impactedNot impacted | 501177 (35.3)202 (40.3) 106 (21.2)16 (3.2) |
| Q19, MA | Which symptoms disturb your daily life? | TotalAbdominal painBowel urgencyDiarrheaRectal bleedingSense of incomplete evacuationBowel incontinenceOther | 501233 (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? | TotalBusiness owner/executive officerCivil servant/corporate employee (field worker)Civil servant/corporate employee (office worker)Self-employed/freelancerPart-time employmentHomemakerStudentUnemployedOther | 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? | TotalYes, boss or teacher Yes, colleagues or classmates Yes, human resource or school officeNo, 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? | TotalSufficient support/consideration is providedSome support/consideration is providedNot enough support/consideration is providedNo support/consideration is provided | 40572 (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)? | TotalTook sick leave from workQuit jobChanged job (to contract, part time)Changed role within a companyChanged job (employed)Took sick leave from schoolQuit schoolChanged schoolNone of the above | 501124 (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? | TotalTreatment methodsTroubles based on symptomsImpact on daily lifeOtherNothing special | 501237 (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? | TotalBowel incontinenceBowel urgencySense of incomplete evacuationRectal bleedingDiarrheaAbdominal painOtherNothing special | 37575 (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? | TotalMedical information websitePatient blogsSocial networking siteBooks or magazinesPatient associationPharmacist at drug storeLeaflets from hospitals or drug storesTelevision or radioOther | 272202 (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)? | TotalYesNo | 501391 (78.0)110 (22.0) |
| Q28, MA | What symptoms would you expect to improve with topical preparations? | TotalRectal bleedingDiarrheaAbdominal painBowel urgencyBowel incontinenceSense of incomplete evacuationOther | 501329 (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? | TotalYesNo | 501372 (74.3)129 (25.7) |
| Q30, MAf | Please select the reasons why you would not want to try topical preparations (intestinal infusion, suppository). | TotalAnal discomfort after administrationDifficult administration method Anal leakage after administrationDifficulty in changing body position after administrationgOther | 12962 (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.