**Table S1A. PUCAI Score for ulcerative colitis**

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| --- |
| **PUCAI Score** |
| Parameter |   | score |
| **Abdominal pain** | No Pain | 0 |
| Pain can be ignored | 5 |
| Pain cannot be ignored | 10 |
| **Rectal bleeding** | None | 0 |
| Small amounts, in <50% of stools | 10 |
| Small amounts, in most stools | 20 |
| Large amount (>50% of stool content) | 30 |
| **Stool consistency of most stools** | Formed | 0 |
| Partially formed | 5 |
| Completely unformed | 10 |
| **Number of stools per 24 hours** | 0-2 stools | 0 |
| 3-5 stools | 5 |
| 6-8 stools | 10 |
| >8 | 15 |
| **Nocturnal stools** | No | 0 |
| Yes | 10 |
| **Activity level** | No limitation of activity | 0 |
| Occasional limitation of activity | 5 |
| Severe restricted activity | 10 |
| **Total Maximum score** |   | 85 |

The table shows the scoring parameters for the PUCAI score. The score ranges between 0-85

**Table S1B. PCDAI Score for Crohn’s disease**



The table shows the PCDAI score. The score ranges between 0-100.