|  |  |  |
| --- | --- | --- |
|  | **Acute flare** | **Remission** |
| **Crohn`s disease** |  |  |
| 5-ASA [n]  Thiopurines [n]  Systemic steroids [n] | 5  5  9 | 2  4  4 |
| Biologica [n]  Anti-TNF [n]  Vedolizumab [n]  Ustekinumab [n]  Tofacitinib [n] | 9  8  1  -  - | 13  12  1  -  - |
| **Ulcerative colitis** |  |  |
| 5-ASA [n]  Thiopurines [n]  Systemic steroids [n] | 17  3  13 | 6  1  3 |
| Biologica [n]  Anti-TNF [n]  Vedolizumab [n]  Ustekinumab [n]  Tofacitinib [n] | 8  7  1  -  - | 7  5  2  -  - |

**Supplemental Table 2**: Medication of CD and UC patients

5-ASA: aminosalicylates; CD, Crohn’s disease; n, number; UC, Ulcerative colitis; anti-TNF, anti-TNF-antibodies