



ULCERATIVE COLITIS AND DIET

WHAT ARE THE GOALS?

Currently, it is thought that Ulcerative Colitis causes an imbalance in the good and bad bacteria that live inside our gut. We also know that certain foods can change how these good and bad bacteria live, and possibly contribute to your symptoms. We think a specific diet could help create a better balance in your gut and help you feel better without needing to take additional medications. Can a diet help treat Ulcerative Colitis? That is what this study is trying to figure out.

WHO CAN BE A PART OF THE STUDY?

Patients with an established diagnosis of UC ages 8-19 that have mild and stable disease. Patients must have never taken a biologic medication, a class of medications including infliximab (Remicade) and adalimumab (Humira).

WHAT WILL PARTICIPANTS BE ASKED TO DO?

Participants will be asked to adhere to a diet that will be taught to you. We will also collect stool and urine samples, rectal swabs, food logs, questionnaires, and review your medical record in order to monitor your progress. We may also ask you to provide blood samples if they are not being ordered by your physician. There will be 3 in person office visits (including your enrollment visit) and 3 phone visits.

WHAT ARE THE BENEFITS?

The knowledge gained from this study may help you control your disease without the use of medications. It also may help future children with Ulcerative Colitis!

I WANT TO HELP! WHO DO I CALL?

To refer a potential participant,
please contact:

IBDResearch@chop.edu

267-426-8413

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