



# TREATING IBD WITH INULIN (TII)

## Patients Ages 8–21 with Inflammatory Bowel Disease Needed for a Diet Study

### WHAT IS THE GOAL?

We want to find out whether feeding the gut with a prebiotic fiber (a specific food supplement that helps good gut bacteria grow) called inulin may improve the microbiome (gut flora) of people with IBD and therefore decrease the gut inflammation. This study is a randomized control trial. We will compare the microbiome in those taking the supplement with those who receive a placebo (inactive substance).

### WHO CAN BE A PART OF THE STUDY?

Inflammatory bowel disease (IBD) patients ages 8-21 who

- Are in clinical remission (inactive IBD)
- Have no history of colectomy or ileocecal resection
- Have not used oral steroids (such as prednisone) or antibiotics within past month

### WHAT WILL PARTICIPANTS BE ASKED TO DO?

You will participate in one introductory study visit either in-person or over the phone (15 mins), collect samples (stool and urine) at 4 time points, and take either the prebiotic inulin fiber or a placebo every day for 8 weeks. Neither you nor the study team will know if you are taking the supplement or the placebo. You will also answer questionnaires online throughout your participation (16 weeks total). Participants will be compensated for their time.

### WHAT ARE THE BENEFITS?

Although we can't promise that you will receive any direct benefit from participating in this study, we hope that the knowledge gained may help develop new therapies for IBD by learning more about the diet and how we can improve the microbiome of patients with IBD to decrease the inflammation.

### I WANT TO HELP! WHO DO I CALL?

To discuss study participation, please contact the study team:

**TII@email.chop.edu**

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