

Natural Treatment of Constipation and Irritable Bowel Syndrome (IBS)

Have you or a whanau member been diagnosed with constipation or constipation-predominant IBS?

If you are aged between 18 and 65 years old, you may want to help us to study a natural treatment for constipation and IBS.

This research aims to generate results for the effect of kai (food) on the treatment of gut issues. We are looking at different aspects of your everyday life and how they may affect your puku (tummy) as well as treatment outcomes over time.

We are looking to recruit people who have constipation and constipation-predominant IBS to be part of this trial. This research is very important as there is very little knowledge about how kai (food) affect constipation and IBS.

This study involves undergoing two Magnetic Resonance Imaging (MRI) scans, ingesting a diagnostic device in a capsule form (SmartPill®, Atmo gas capsule) and blue food dye, filling out questionnaires about your current mental and physical health, clinical and demographic variables, keeping food diaries, and eating kiwifruit or maltodextrin. We will be collecting some samples (blood and faeces) multiple times over the course of **9 weeks**. There will be 3 meetings with the research team for 30-60 minutes during the study.

Your mahi / help will be compensated with a \$20 petrol voucher for the initial meeting, and a total of \$200 supermarket vouchers if you decide to participate.

For more details please contact:

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This project has been reviewed and approved by the HDEC. Reference: NZ/21/NTB/96