

## The gluten free and low FODMAPs diet in IBD – Dr Imran Aziz

Please type your answers below and print for your records or print this document and complete by hand.

Q1	What is the incidence of ulcerative colitis and the incidence of Crohn's disease?
A	
Q2	Do patients with inflammatory bowel disease have a greater risk of coeliac disease compared to healthy controls?
A	
Q3	How common is self-reported gluten sensitivity in patients with inflammatory bowel disease?
A	
Q4	The prospective study by Prince et al (2016) looked at symptom improvement in patients with inflammatory bowel disease when receiving a low FODMAP diet. Were any of the changes in symptoms statistically significant?
A	
Q5	What are the possible risks of dietary restriction, such as a low FODMAP diet, in patients with inflammatory bowel disease?
A	
Q6	Has research found any benefits to using fructo-oligosaccharide (FOS) in patients with Crohn's disease? What are the limitations of this research?
A	

After answering these questions, should you require any further information, please contact us at [ruth.passmore@coeliac.org.uk](mailto:ruth.passmore@coeliac.org.uk). You can also discuss this further on our HCP forum: [www.coeliac.org.uk/hcp-forum](http://www.coeliac.org.uk/hcp-forum).