

**Are you following the Specific Carbohydrate Diet to manage your inflammatory bowel disease?**

Rush University Medical Center's Department of Gastroenterology is conducting a study to determine if the Specific Carbohydrate Diet changes the population of microbes in the gastrointestinal tract. This is a popular dietary program amongst patients, but there are no published studies on how the diet works. Your participation in this study will contribute to scientific knowledge regarding how diet can be used to manage the symptoms of Crohn's disease and ulcerative colitis.

Participation will entail completing a series of surveys and mailing two stool samples and a urine sample.

We are currently looking for volunteers eight years of age or older with a formal diagnosis of Crohn's disease, ulcerative colitis or indeterminate colitis. We need volunteers who are both on the Specific Carbohydrate Diet and also volunteers who are not on the diet.

The principal investigator for this study is  
Dr. Ece Mutlu, M.D.  
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**If you are interested in participating or have questions, please contact  
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