

# The 8x5 Diet for Bile Acid Diarrhoea: A Feasibility Randomised Controlled Trial

NCT06259396

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Manchester
Enrollment	76 participants

## Key Eligibility Criteria

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### Inclusion (8)

- Age e 18 years, of any ethnic group, living in the United Kingdom and not planning to move home for the next three months
  - Self-reported diagnosis of bile acid diarrhoea that was confirmed by 7-day SeHCAT testing
  - Self-reported ongoing chronic diarrhoea despite use of appropriate medication
  - Able to participate in either diet group with the intention to remain in the group to which they were assigned for the 8 week study period
  - Body mass index e20 kg m-2
- ... and 3 more (see full listing online)

### Exclusion (14)

- Unable to provide self-reported written confirmation that their diagnosis of bile acid diarrhoea was by SeHCAT testing
  - Pregnant/breastfeeding/planning a pregnancy in the next six months
  - Inflammatory bowel disease, previous or current microscopic colitis, or other serious morbidities such as liver disease, pancreatic disease, AIDS/HIV, radiotherapy for cancer, assessed at screening via patient self-report
  - Diarrhoea that is inadequately active:  $\leq 3$  stools per day or  $\leq 1$  watery stool (Bristol Stool Form types 6-7) per day as the mean of one week
  - Currently participating in another research study or has taken part in the previous 3 months
- ... and 9 more (see full listing online)

## Locations (1 total)

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Yvonne McKenzie, Manchester, Greater Manchester, United Kingdom