



Treatment of IBS with diarrhoea using Titrated Ondansetron = TRITON study

Participant Dose Adjustment Information

During the first two weeks of your treatment, your doctors will need to work out the daily dose that suits you best. This process is called 'dose titration'. They will do this by calling you every two days (except weekends), or more often if required. This will begin two days after your Randomisation visit.

During the call, the doctor or nurse will ask you to describe whether you have had no stools, hard stools, loose stools, or normal bowel habits during the previous 24 hours. Depending on your response, they will then advise you to either increase, decrease, or keep your current daily dose the same. This booklet should be used for guidance during the dose titration period.

Treatment Guidance

Please remember to complete your TRITON Patient Symptom Diary every day. This may be useful to have with you during the telephone calls with the doctor or nurse.

- Day 1
 - You should begin taking treatment the day **after** your randomisation visit. In the morning, take **one** capsule before breakfast.

- Day 2
 - As you did on Day 1, take **one** capsule before breakfast.
 - You should then receive a telephone call during the day to ask if you have had no stools, hard stools (Bristol Stool Form Score 1 or 2), loose stools (Score 6 or 7), or satisfactory bowel habits (Score 3 to 5) during the previous 24 hours. The doctor/nurse will then advise you to increase your dose, reduce it, or to keep it the same.
 - If you are instructed to increase your dose, this will mean that you will take 2 capsules each day. If you are instructed to reduce your dose, this will mean that you will need to take 1 capsule every 2 days.

- Days 3-13
 - For the next 11 days, you will be called every 2 days and you should follow the advice provided by your doctor/nurse at the most recent call. If at any point you are unsure of what dose you should be taking, please contact them using the details provided on your patient card.
 - If the doctor/nurse is unavailable to talk to, use the flowchart on the back page of this booklet to guide you on what dose you should take.

- Day 14
 - On Day 14, begin by taking the dose advised by your doctor/nurse during the previous call.
 - You will receive a final call asking about your bowel habits and then advising you on the best dose to continue on.
 - The dose advised at this call is what you should take for the remainder of the study. However, if at any point during the study you feel that you need to change it due to your bowel habits then please contact the research staff.

When should I take my treatment?

- Your doctor or nurse will advise you on when to take your treatment, depending on how many capsules you are taking each day. In general, on days when you are taking your treatment, you should take your first capsule in the morning before breakfast. After this, you should try to take the remainder of your daily dose at even time points throughout the day. For example, if you are on 3 capsules per day, after the dose in the morning, take one during the middle of the day, and one in the evening. If you forget to take a dose, please take this as soon as you remember, and ensure that you mention it when discussing your bowel habits on your next call.
- The following table contains a summary of when you should take your capsules:

Total Number of Capsules/Day	Morning	Lunch	Evening
1	1	0	0
2	1	0	1
3	1	1	1
4	2	1	1
5	2	2	1
6	2	2	2

If at any point you have questions about what dose you should take, or any concerns surrounding side-effects of the treatment, please contact your nurse or doctor using the details provided on your patient card.

Please refer to the back page of this booklet for guidance on how to adjust your dose.

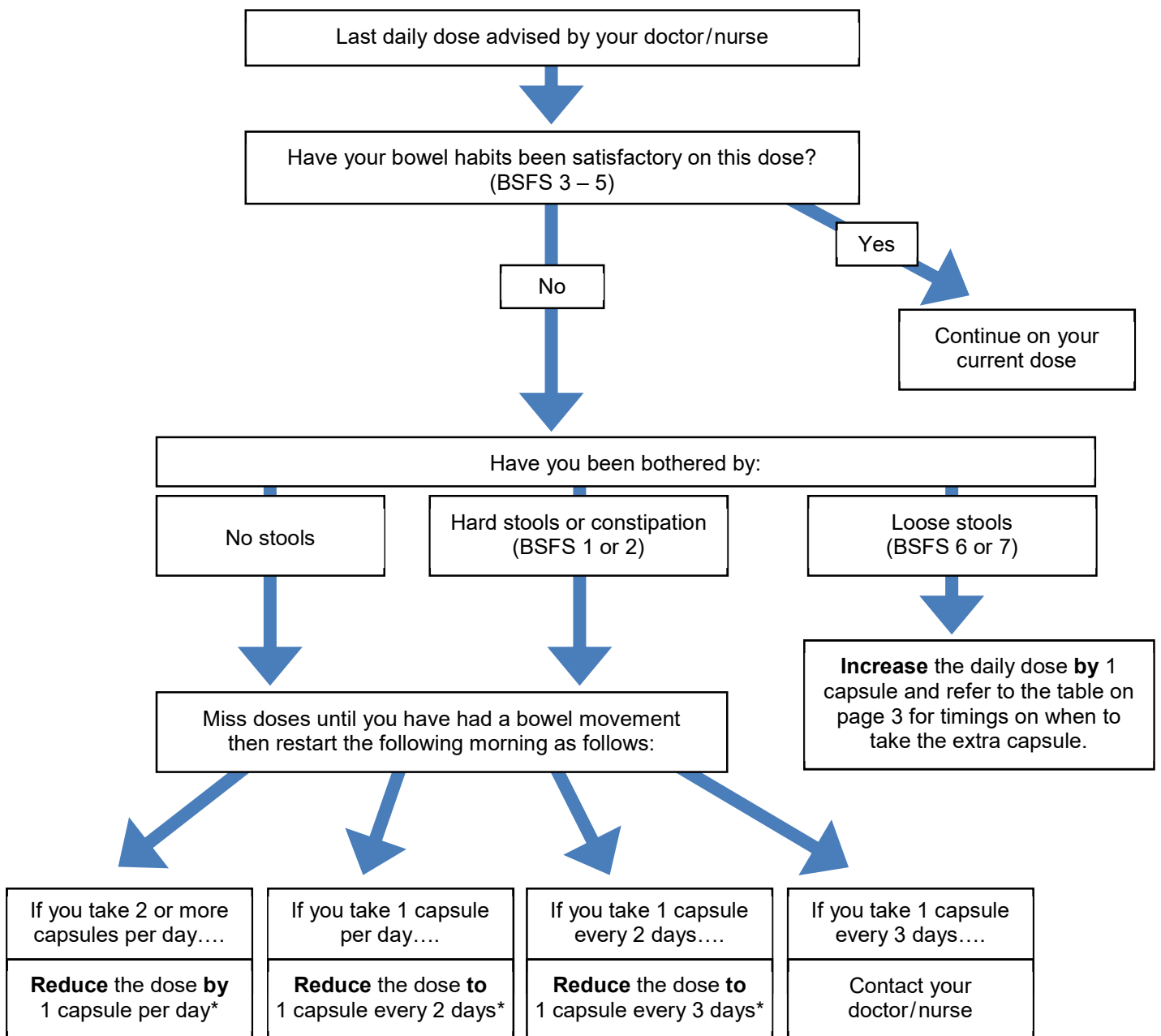
Please note that the flow chart should only be used as guidance in the event that you do not receive a call. Please do not alter your dose under any other circumstances without first consulting with your doctor/nurse.

Anti-Diarrhoeal medication – loperamide (i.e. Imodium or similar medication)

- You are **not allowed** to take **regular** loperamide whilst taking part in the study, as it will make it impossible for us to see how the treatment is working.
- However, if you are experiencing excessive diarrhoea (i.e. more than 7 bowel movements per day) you may take loperamide as an **exception**. Do not take more than one 2mg capsule/tablet on two separate days in a week (i.e. no more than 2 capsules a week).

REMEMBER: This flow chart should only be used as guidance in the event that you do not receive a call to advise you during the dose titration period. Please do not alter your dose under any other circumstances without first consulting with your doctor/nurse.

Guidance Flowchart



*Refer to the table on page 3 for the timings of when to take capsules.

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