

# DTB CME/CPD Answers

## ▼ Eluxadoline for IBS-D

### Question 1

Miss LH is 40 years old. She has been diagnosed with diarrhoea-predominant IBS (IBS-D). Which one of the following dietary recommendations is the most appropriate?

- a. Increase dietary fibre intake
- b. Increase intake of fresh fruit
- c. Replace refined sugar with artificial sweetener
- d. Reduce caffeine intake**
- e. Increase intake of resistant starch

**Answer: d.** Dietary advice may include recommendations to eat regularly and maintain an adequate fluid intake while limiting alcohol, fizzy drinks, tea and coffee.

### Question 2

Which one of the following drugs is not licensed in the UK for the management of IBS?

- a. Loperamide 2mg capsules
- b. Mebeverine 135mg tablets
- c. Fluoxetine 20mg capsules**
- d. Peppermint oil 0.2mL capsules
- e. Alverine 120mg capsules

**Answer: c.**

### Question 3

In two double-blind phase III randomised controlled studies that were used to support the application for licensing, the primary composite outcome was the proportion of people who had a response of decrease in abdominal pain and improvement in stool consistency. What was the difference between eluxadoline 100mg and placebo in the primary outcome?

- a. 3%
- b. 6%
- c. 9%
- d. 11%**
- e. 15%

**Answer: d.** There was an increase of about 11% in the proportion of people who achieved the primary composite outcome measure with eluxadoline (100mg dose) compared with placebo (31% vs. 20%).

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### Question 4

In a post hoc analysis of the eluxadoline trials, of those not achieving the composite response in the first month, what was the difference in the proportion of people who became responders at 6 months with eluxadoline 100mg compared with placebo?

- a. 5%
- b. 13%
- c. 18%
- d. 27%
- e. 45%

Answer: a. Of those not achieving the composite response in the first month, only 18% of those taking eluxadoline 100mg became responders at 6 months compared with 13% receiving placebo.

### Question 5

Which one of the following is a serious unwanted effect associated with eluxadoline?

- a. Gastrointestinal ulceration
- b. Pancreatitis
- c. Acute renal failure
- d. Toxic epidermal necrolysis
- e. Lowering of seizure threshold

Answer: b. Serious (but uncommon) unwanted effects include pancreatitis and sphincter of Oddi spasm.