

Single-blind randomized trial.  
 Patients with quiescent IBD with persistent symptoms.  
 Patients were randomized to low FODMAP diet or control for 4w

Primary endpoint: change in IBS Severity Scoring System (IBS-SSS) during the trial, compared between groups.

**Results: N=52**

- Primary outcome: No statistical differences in IBS severity score p=0.75
- Gut symptom relief low FODMAP 52% vs control diet 16%, p=0.007
- Patients on Low FODMAP exhibited lower abundance of some Bidifobacterium and Faecalibacterium prausnitzii than controls.

**Conclusion:**

Low FODMAP diet vs a control diet in patients with quiescent IBD, showed no differences after 4 weeks in change in IBS severity scores, but significant improvements in specific symptom scores and numbers reporting adequate symptom relief. The low FODMAP diet reduced fecal abundance of microbes believed to regulate the immune response, but had no significant effect on markers of inflammation. A4-week diet low in FODMAPs is safe and effective for managing persistent gut symptoms in patients with quiescent IBD.

Table 2. IBS Severity Scoring System Scores, Global Symptom Question, and Stool Frequency and Consistency at End of Trial

	All participants			UC			CD		
	Low FODMAP diet (n = 27)	Sham diet (n = 25)	P	Low FODMAP diet (n = 13)	Sham diet (n = 13)	P	Low FODMAP diet (n = 14)	Sham diet (n = 12)	P
Change in IBS-SSS score, mean (SEM)	-67 (12)	-34 (13)	.075	-77 (15)	-29 (15)	.031	-55 (99)	-42 (43)	.515
Total IBS-SSS score, mean (SEM)	158 (12)	190 (13)	.075	135 (15)	183 (15)	.031	170 (96)	208 (95)	.515
Pain severity	22 (3)	30 (3)	.088	20 (4)	29 (4)	.123	24 (22)	32 (20)	.475
Days of pain (days)	36 (5)	38 (5)	.781	31 (6)	35 (6)	.645	36 (37)	48 (37)	.871
Bloating severity	23 (3)	34 (3)	.021	21 (4)	31 (4)	.113	22 (20)	39 (17)	.071
Satisfaction with bowels	39 (3)	47 (4)	.103	31 (6)	45 (5)	.068	52 (18)	43 (26)	.487
Impact on life	38 (3)	41 (3)	.521	34 (4)	41 (4)	.199	36 (25)	46 (25)	.799
IBS-SSS 50% reduction, n (%)	9 (33)	1 (4)	.012	4 (31)	0 (0)	.096	5 (36)	1 (8)	.170
Adequate relief, n (%)	14 (52)	4 (16)	.007	7 (54)	2 (15)	.097	7 (50)	2 (17)	.110
Stool frequency (per d), mean (SEM)	1.7 (0.1)	2.1 (0.1)	.012	1.8 (0.1)	2.0 (0.1)	.501	1.7 (0.1)	2.1 (0.1)	.019
Stool consistency									
Daily BSFS score, mean (SEM)	4.3 (0.2)	4.4 (0.2)	.606	4.0 (0.2)	4.4 (0.2)	.191	4.6 (0.2)	4.4 (0.2)	.673
Stool consistency, proportion normal stools (Type 3, 4, 5), mean proportion (SEM)	65 (5)	69 (5)	.478	66 (6)	73 (6)	.487	63 (6)	65 (7)	.815

