Risk factors and biomarkers for diagnosis and treatment of eosinophilic esophagitis

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University of North Carolina-Chapel Hill
Consent to Participate in a Research Study
Adult Subjects
Biomedical Form

IRB Study #11-1122
Consent Form Version Date: 08Jan2021

Title of Study: Risk factors and biomarkers for diagnosis and treatment of eosinophilic esophagitis

Principal Investigator: Evan S. Dellon, MD MPH
UNC-Chapel Hill Department: Medicine, Division of Gastroenterology and Hepatology
UNC-Chapel Hill Phone number: 919-966-2513
Funding Source and/or Sponsor: The University of North Carolina at Chapel Hill

Study Contact telephone number: Hiwot Ekuban, 919-966-2996
Study Contact email: hiwot_ekuban@med.unc.edu

What are some general things you should know about research studies?
You are being asked to take part in a research study. To join the study is voluntary.
You may refuse to join, or you may withdraw your consent to be in the study, for any reason.

Research studies are designed to obtain new knowledge that may help other people in the future. You may not receive any direct benefit from being in the research study. There also may be risks to being in research studies.

Deciding not to be in the study or leaving the study before it is done will not affect your relationship with the researcher, your health care provider, or the University of North Carolina-Chapel Hill. If you are a patient with an illness, you do not have to be in the research study in order to receive health care.

Details about this study are discussed below. It is important that you understand this information so that you can make an informed choice about being in this research study. You will be given a copy of this consent form. You should ask the researchers named above, or staff members who may assist them, any questions you have about this study at any time.

What is the purpose of this study?
The purpose of this research study is to learn about a medical condition called eosinophilic esophagitis (EoE). EoE is a newly recognized disease where there is an abnormal presence of a type of white blood cell, the eosinophil, in the lining of the esophagus, the "tube" that carries food from the mouth to the stomach. When functioning normally, eosinophils help fight infection, but eosinophil dysfunction plays a role in asthma and allergic diseases. In EoE, the eosinophils cause damage to the esophagus, leading to difficulty swallowing, narrowing of the esophagus, and food getting stuck. Other symptoms might be reflux or heartburn, chest pains, or abdominal pains. It is diagnosed with upper endoscopy (a tube inserted into the esophagus with a light and camera on the end), during which biopsies, or small samples of tissue, are taken. This disease is important to study because it is being seen with a rapidly increasing frequency. Despite this increasing frequency, we know little about the disease, and the causes of EoE are not understood.

The overall goal of this research proposal is to find a better and less invasive way than upper endoscopy to diagnose EoE. We are developing an EoE diagnostic score that uses symptoms, endoscopy findings, and esophageal biopsy findings to better diagnose EoE. We are also trying to develop blood tests measuring factors related to eosinophil function that might be able to diagnose EoE and monitor treatment response even without needing an endoscopy.

You are being asked to be in the study because your doctor has already determined that your symptoms should be further evaluated with an upper endoscopy, which is the procedure you are scheduled to have today.

Are there any reasons you should not be in this study?
You should not be in this study if: you are having ongoing or recent symptoms of intestinal bleeding (throwing up blood, passing blood in your stool); you have a cancer in your esophagus, stomach, or intestine; you have previously had certain types of surgery on your esophagus (such as removal of part of your esophagus); you have liver disease or esophageal varices (dilated blood vessels in your esophagus); you are taking blood thinners like Plavix or Coumadin that were not stopped for this procedure; you are pregnant; or if you cannot read or speak English.

How many people will take part in this study?
If you decide to be in this study, you will be one of approximately 800 people in this research study.

How long will your part in this study last?
Your part in this study will vary depending on your diagnosis. Your part in this study will last the time that you are here for your procedure. However, if you are diagnosed with EoE as part of this study, we will contact you to discuss the results and your doctor will need to order a repeat upper endoscopy for 8 weeks from now to assess your response to treatment for EoE with a medication like a topical steroids. If that is the case, we would ask that you also participate in the study on that day during the time you are here for your repeat procedure. If you do not have EoE, we may like to contact you in 8 weeks to collect some addition information. You do not have to specially come to UNC at that time. Finally, during this study some blood and tissue specimens will be collected and stored for use in future studies. These stored specimens will be de-identified prior to use in future studies, so there will not be a direct link back to you.

What will happen if you take part in the study?
- First, we will ask you to fill out a questionnaire that will help us find out about symptoms you may or may not have, medications you may be taking, other medical conditions that you might have, as well as some general information about yourself. It would be best if you could complete this questionnaire (it should take about 15-20 minutes) before the procedure begins, but if not, we will give you a postage-paid envelope and ask you to mail it to us after you complete it tomorrow. If you prefer, we can also send you a link by email to complete the questionnaire online.
- Next, your nurse will start your IV line, just as he or she would before any procedure. Before starting your routine IV fluids, though, they will draw a blood sample. Even though they will be using a total of 5 tubes to collect the blood, the total amount that they will take is small, just over one ounce.
- You may also be asked to provide saliva or urine samples as well. These will be collected before your procedure. We may look for substances in your saliva or urine that could help doctors diagnose EoE or monitor treatment of patients with EoE.
- Your nurse will then transport you to the procedure room, where the upper endoscopy will proceed exactly as your doctor has told you, and your doctor will take biopsies of any abnormal areas that might be seen. During the procedure we will record the findings, and your doctor will tell you about these findings after the procedure. We will also take a number of biopsies of your esophagus during the procedure for our research purposes. We will take up to four biopsies in

each of three locations: the lower part of the esophagus, the middle part of the esophagus, and the upper part of the esophagus. Though this might sound like a lot of biopsies, each piece of tissue is tiny (1-2 mm), and we sometimes take this many biopsies for patients even if they are not in a research study.

- After the procedure, you will be in the recovery area for the same amount of time as if you had not been in the study. This is when your doctor will give you the preliminary results of the endoscopy.
- After you are discharged, we may contact you to remind you to return the questionnaire to us by the mail if you did not complete it before the procedure, or to complete your questionnaire online.
- If you are diagnosed with EoE, your doctor will give you a treatment to improve you symptoms as they normally would even if you had not participated in the research study. This may be a topical steroid that you will swallow and it will coat your esophagus. We will contact you by phone to see if you are having any problems within 2 weeks after today's endoscopy. Your regular doctor will also order a repeat endoscopy for you in 8 weeks to assess your treatment response. At that time, you will have the second study visit, which will be identical to the first one (you will fill out a questionnaire, we will obtain a blood sample and possibly urine and saliva samples, and we will obtain extra biopsy samples of the esophagus). After that day, with the exception of possibly returning the questionnaire to us by the mail, your participation in the study will end.
- If you are not diagnosed with EoE, we will contact you in 8 weeks to collect follow-up data. In particular, you will be asked to fill out another symptom questionnaire and may be asked to provide another blood, saliva or urine sample. If you would like, you can come to UNC to do this, and we will pay for your parking. If it is more convenient for you, we will have our research coordinator meet you locally to provide the questionnaire and collect the samples. After that day, with the exception of possibly returning the questionnaire to us by the mail or doing the questionnaire online, your participation in the study will end.
- If any of the results from our research analysis of your blood, saliva, urine, or biopsies are abnormal, we will contact you to discuss the types of treatments that are available, which can then be arranged with your primary doctor or gastroenterologist.
- Finally, the samples that we collect will be frozen and stored for future research projects. These samples will be coded so you cannot be directly identified from them. There is a separate consent form to read and sign for this purpose.

What are the possible benefits from being in this study?

Research is designed to benefit society by gaining new knowledge. You will not benefit personally from being in this research study.

What are the possible risks or discomforts involved with being in this study?

There are several potential risks or discomforts involved with being in this study.

First is loss of confidentiality. By participating in this project, you agree to allow the research team to gather and store clinical information about you that pertains to your condition. Every effort will be made, however, by the research staff to prevent loss of confidentiality, by keeping all data and records under lock and key, using password protected computers, and by eventually only referring to your data by an anonymous code number.

Second is the risk of blood drawing. Risks associated with drawing blood from your arm include minimal discomfort and/or bruising. Infection, excess bleeding, clotting, or fainting are also possible, although unlikely. We minimize these risks for this study by attempting to draw blood,

when possible, through the IV line that you need to have placed to undergo endoscopy, but sometimes we have to obtain blood when there is not an IV present.

Third are the risks of the upper endoscopy procedure itself. However, these risks will be reviewed with you by the physicians performing the procedure and are covered in a separate informed consent form that they will ask you to sign before the procedure. As mentioned above, you would be having these tests whether or not you participate in the study. There is a small but definite risk of hemorrhage or perforation after biopsy of the gastrointestinal tract.

In addition, there may be uncommon or previously unknown risks that might occur. You should report any problems to the researchers.

If you choose not to be in the study, what other treatment options do you have?

You do not have to be in this research study in order to receive treatment. If you do not wish to participate, you will still proceed with the upper endoscopy that your doctor has ordered.

What if we learn about new findings or information during the study?

You will be given any new information gained during the course of the study that might affect your willingness to continue your participation.

How will your privacy be protected?

No subjects will be identified in any report or publication about this study. Although every effort will be made to keep research records private, there may be times when federal or state law requires the disclosure of such records, including personal information. This is very unlikely, but if disclosure is ever required, UNC-Chapel Hill will take steps allowable by law to protect the privacy of personal information. In some cases, your information in this research study could be reviewed by representatives of the University, research sponsors, or government agencies (for example, the FDA) for purposes such as quality control or safety.

All information and paper records collected from this study will be kept in a locked cabinet that only the head investigator has access to. Also, all computers with information are password protected. The only people who will have access to your identifiable data are the head researcher and study coordinator participating in this study (see page 1). After we collect all of the initial information, we will give you a study ID number so that your personal information is not included in the research documents. All samples we collect will also be marked and stored with the study ID number so that they cannot be identified on their own. The only copy of the code sheet linking you to the ID number will be kept under lock and key until any projects with the stored specimens have been completed.

What will happen if you are injured by this research?

All research involves a chance that something bad might happen to you. This may include the risk of personal injury. In spite of all safety measures, you might develop a reaction or injury from being in this study. If such problems occur, the researchers will help you get medical care, but any costs for the medical care will be billed to you and/or your insurance company. The University of North Carolina at Chapel Hill has not set aside funds to pay you for any such reactions or injuries, or for the related medical care. However, by signing this form, you do not

give up any of your legal rights.

What if you want to stop before your part in the study is complete?
You can withdraw from this study at any time, without penalty. The investigators also have the right to stop your participation at any time. This could be because you have had an unexpected reaction, or have failed to follow instructions, or because the entire study has been stopped.

Will you receive anything for being in this study?
You will not receive anything for taking part in this study.

Will it cost you anything to be in this study?
It will not cost you anything in addition to what you will be billed for your routine medical care to be in this study. All tests, visits or procedures other than what is done for this study will be related to medical care that is part of the usual care for your condition and would be suggested even if you decided not to be in the research study. Here are some examples of standard medical care of you that may be performed within this study: upper endoscopy; esophageal biopsies; blood tests; medications to treat EoE or other GI conditions. You will not be billed for extra analysis of the blood, urine, saliva, or tissue samples that we collect during this study. If you have not completed your questionnaire on the day of your procedure, we will give you a postage-paid envelope in which to return it.

What if you are a UNC student?
You may choose not to be in the study or to stop being in the study before it is over at any time. This will not affect your class standing or grades at UNC-Chapel Hill. You will not be offered or receive any special consideration if you take part in this research.

What if you are a UNC employee?
Taking part in this research is not a part of your University duties, and refusing will not affect your job. You will not be offered or receive any special job-related consideration if you take part in this research.

Who is sponsoring this study?
This research is funded by the University of North Carolina at Chapel Hill.

What if you have questions about this study?
You have the right to ask, and have answered, any questions you may have about this research. If you have questions, complaints, concerns, or if a research-related injury occurs, you should contact the researchers listed on the first page of this form.

What if you have questions about your rights as a research subject?
All research on human volunteers is reviewed by a committee that works to protect your rights and welfare. If you have questions or concerns about your rights as a research subject, or if you would like to obtain information or offer input, you may contact the Institutional Review Board at 919-966-3113 or by email to IRB_subjects@unc.edu.

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Principal Investigator: Evan S. Dellon, MD MPH

Subject's Agreement:

I have read the information provided above. I have asked all the questions I have at this time. I voluntarily agree to participate in this research study.

_____ _____

Signature of Research Subject Date

_____

Printed Name of Research Subject

_____ _____

Signature of Research Team Member Obtaining Consent Date

_____

Printed Name of Research Team Member Obtaining Consent