

# Let's Talk About Clinical Trials: A Discussion Guide for Patients

CLINICAL TRIALS  
Community

CROHN'S & COLITIS  
FOUNDATION



Participating in a clinical trial helps researchers studying Crohn's disease and ulcerative colitis answer important questions about the diseases and their treatment. By choosing to take part in a clinical trial,


you are helping the study team figure out if a new method of diagnosis, treatment, or prevention is effective.

You can search for local clinical trial opportunities in your area by using the Foundation's online IBD Clinical Trial Finder or by talking with your doctor at your next appointment. Once you have identified a clinical trial that interests you and one that you may be eligible for, you will want to speak with not only your gastroenterologist and the clinical trial research coordinator, but also take some time to reflect on how participation in a clinical trial will fit into your everyday life.



To help guide these conversations with the important people in your life, we have outlined some questions that may be helpful for you to ask your doctor, research coordinator, as well as yourself and your support system before volunteering to participate in a clinical trial.

## Talking with your doctor



### Questions to Ask

- Do you think a clinical trial is right for me?
- Are there any local clinical trial opportunities that you think may be a good fit for me?
- Would you continue to provide my regular gastrointestinal (GI) care if I participated in a clinical trial?

## Talking with the research coordinator of the trial

- Are there potential benefits to me from participating in a clinical trial?
- Why is this clinical trial being conducted? What does the study team hope to find out?
- Who is the healthcare team that would be monitoring my health during the trial?
- How is the treatment being studied different than the treatment I am currently receiving or have received in the past?
- What options will I have if the assigned treatment in the clinical trial does not work for me? Is open-label treatment an option?
- What are the risks of participating in this clinical trial?
- Were there earlier phases of this clinical trial? If so, could you explain some of the results to me?
- Will I be billed for any costs associated with my participation?
- Could you walk me through what a typical study visit would look like for this clinical trial?



Once you've had these conversations with your doctor and the clinical trial coordinator, it is important for you to also consider lifestyle factors that would affect your participation in a clinical trial. You should consider the questions below when thinking about participating in a clinical trial.

## Questions to ask yourself

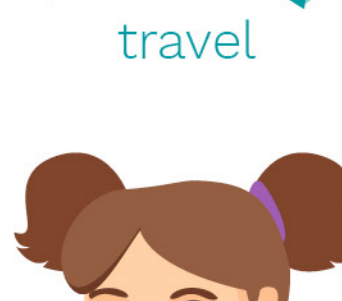
- How much of my time am I willing to spend participating in a clinical trial?
- How far am I willing to travel to a clinical trial site? 20 miles? 50 miles? 300 miles?
- How will I travel to the clinical trial site? Will I be reimbursed for transportation?
- Do my partner and I plan on having children in the next year or two? Some clinical trials require participants to use multiple forms of birth control during the study so that they do not become pregnant while taking the study medication.
- Do I have any childcare needs or other responsibilities that would have to be taken care of in order for me to participate?
- Are all of the costs associated with the clinical trial covered by the trial sponsor?
- Do I have friends or family who can help and support me during the trial (both physically and emotionally)?



time



travel



children



cost

## In summary

**Be prepared:** Take the time to ask yourself these important questions and think through anything you'd like to discuss with your doctor beforehand.



**Identify trials that may be right for you:** The Foundation's clinical trial finder and ClinicalTrials.gov are both great resources that you can use to identify clinical trials in the Crohn's disease and ulcerative colitis space. The more information you have, the better prepared you will be to make a decision with your doctor.

### Discuss the options with your support network:

Friends and family will want to know what your participation in a trial will look like. Take the time to outline the travel and time commitment. Together, you can help come up with a plan that everyone is comfortable with.

