

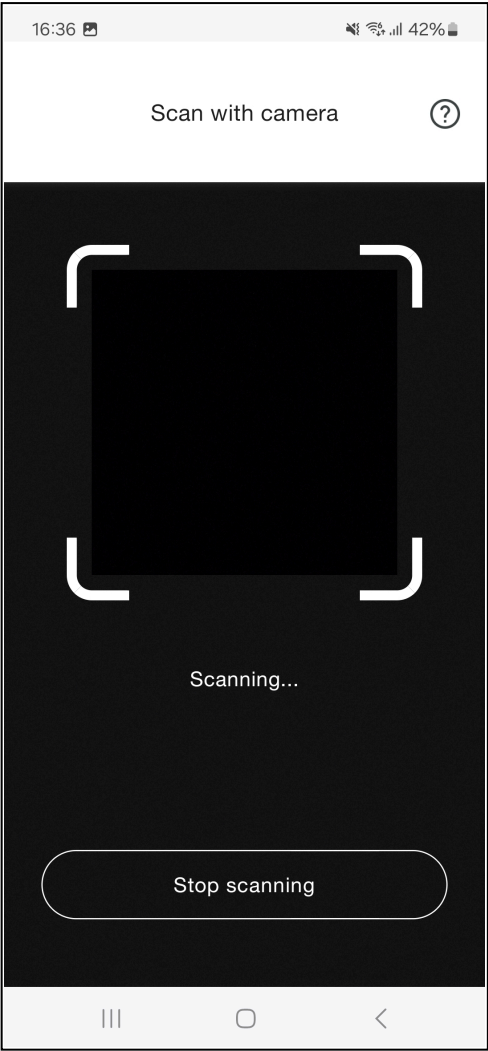
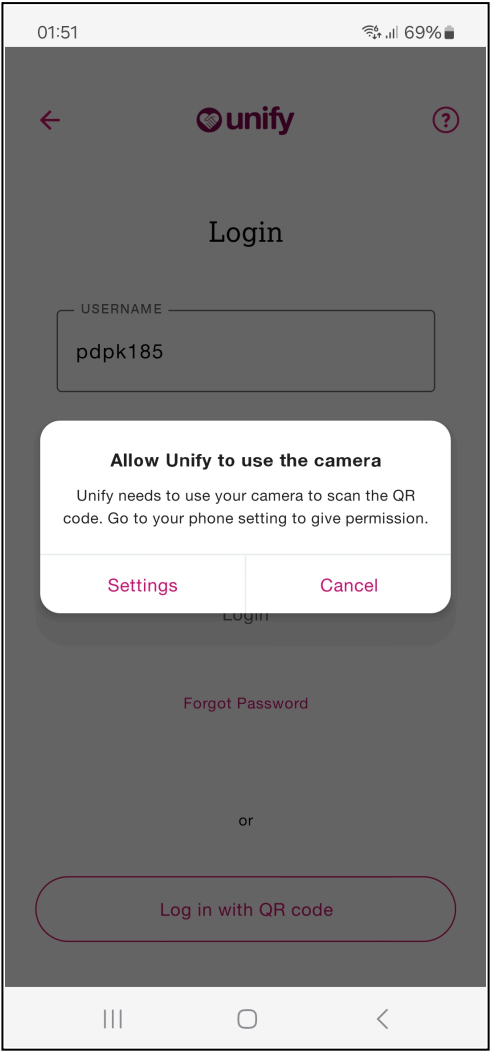
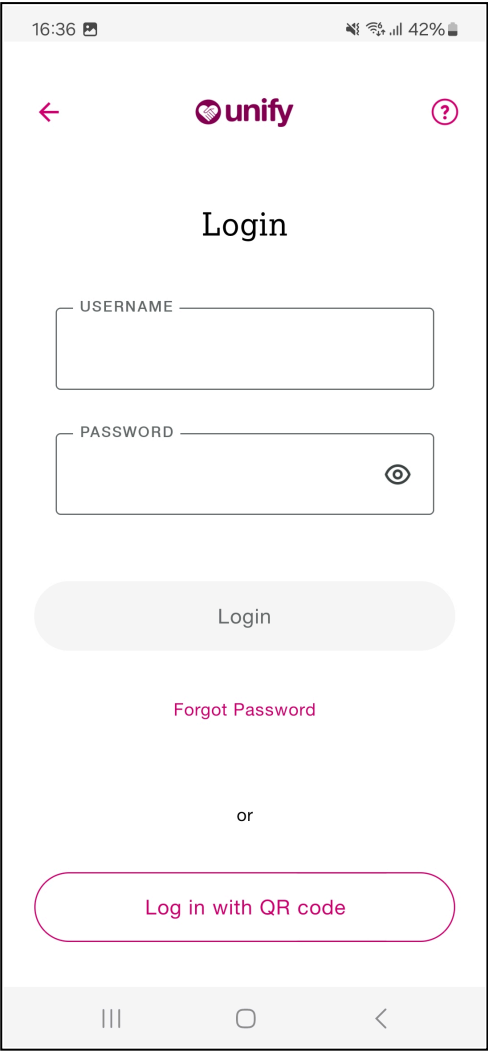
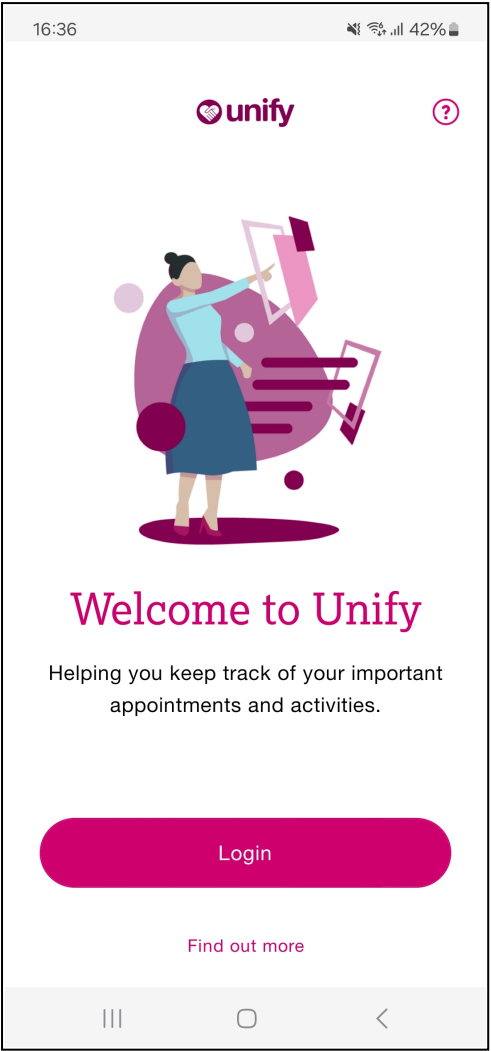
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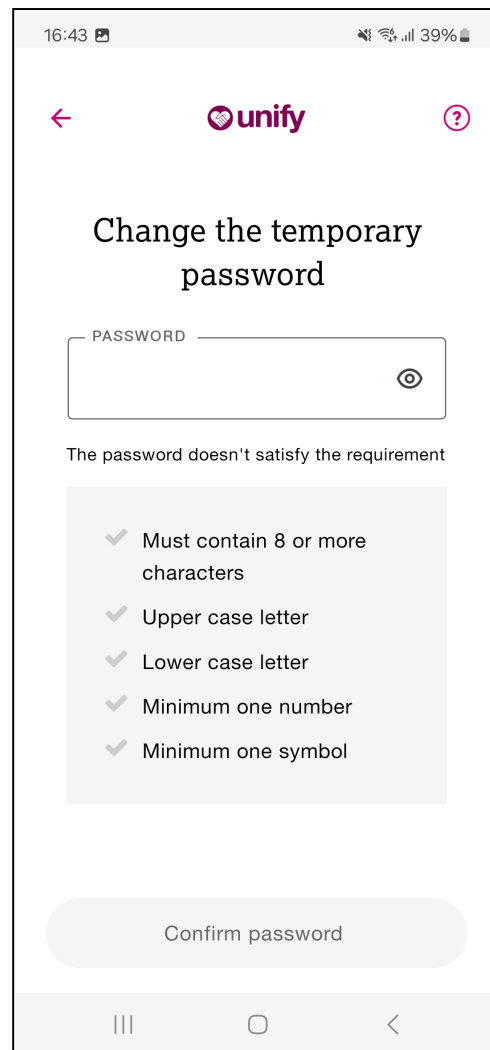
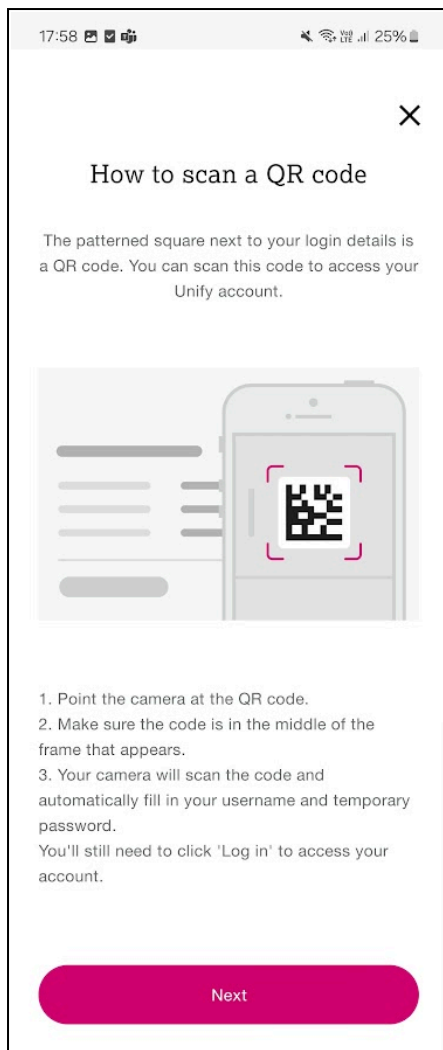
D702NC00001

Version Number	Version Date	Rationale
1.0	2025-10-29	Initial version

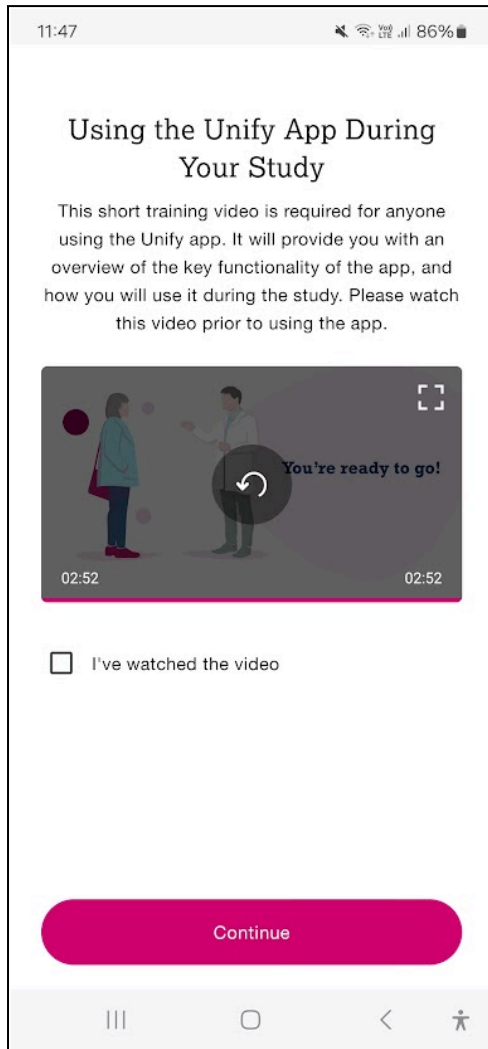
1. Sign up and Login

1. Sign up

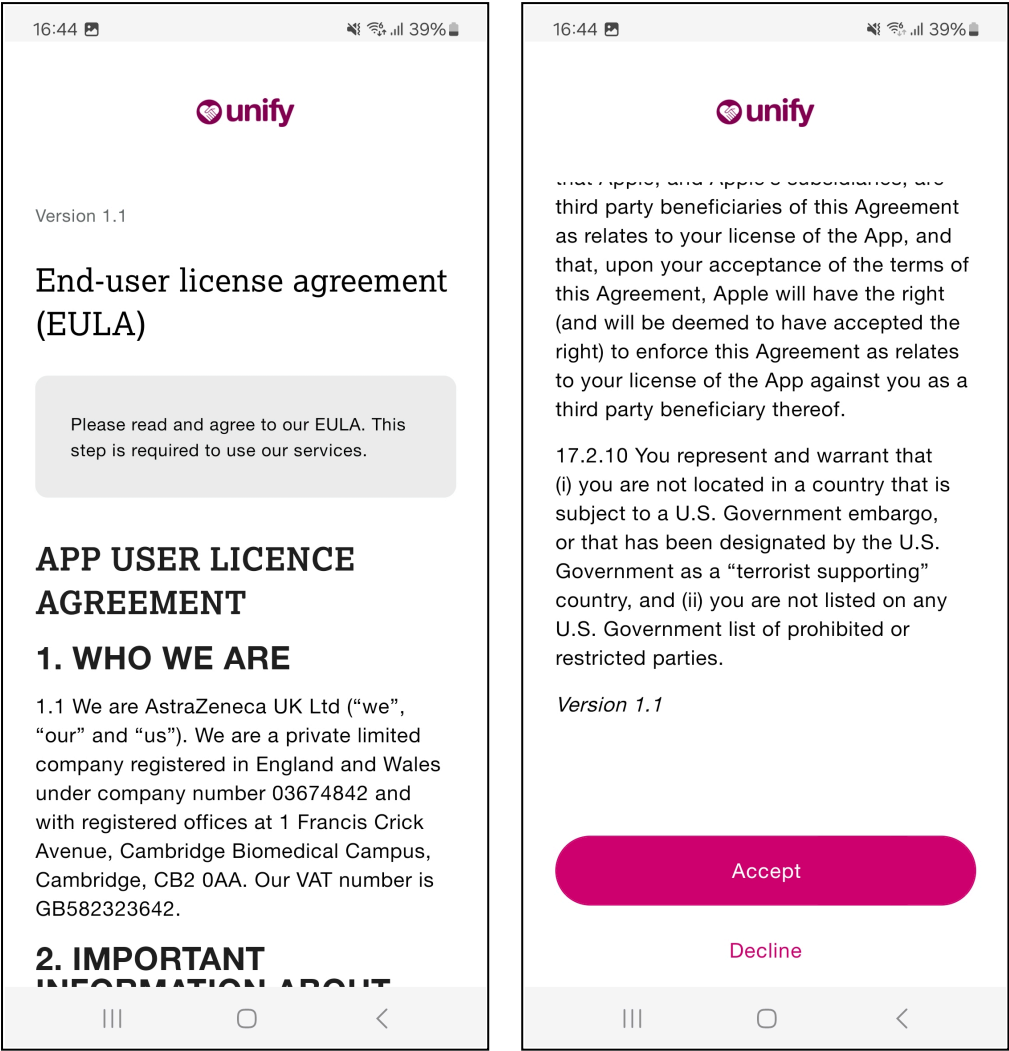




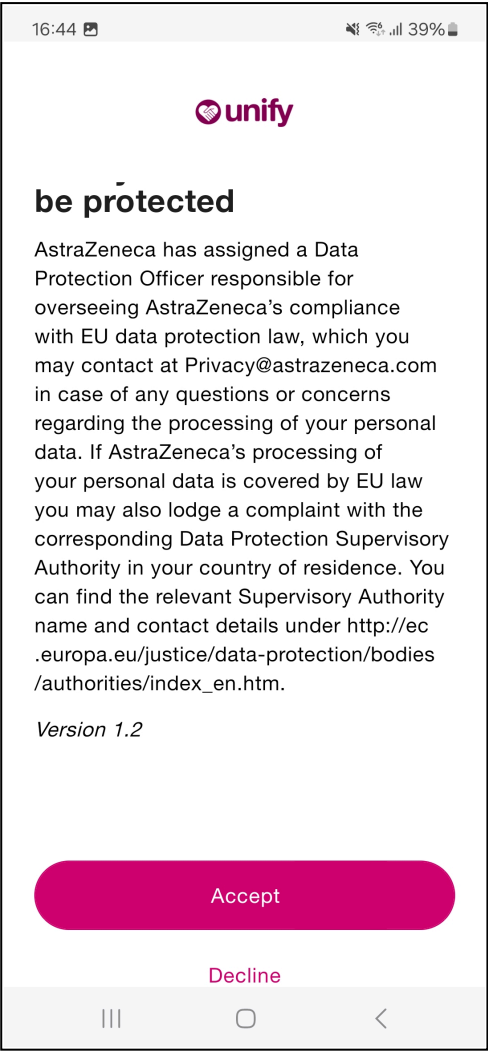
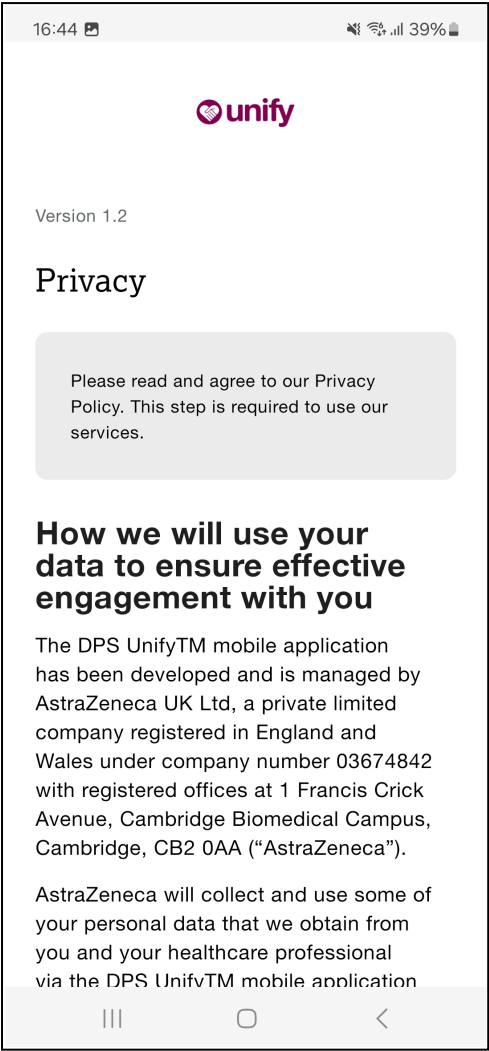
2. Unify Training



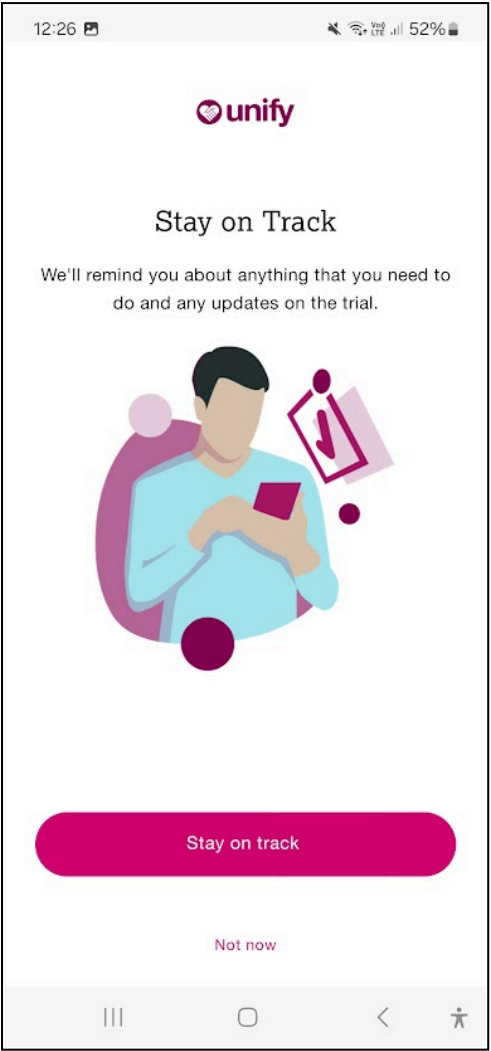
3. End User Licence Agreement (Example)



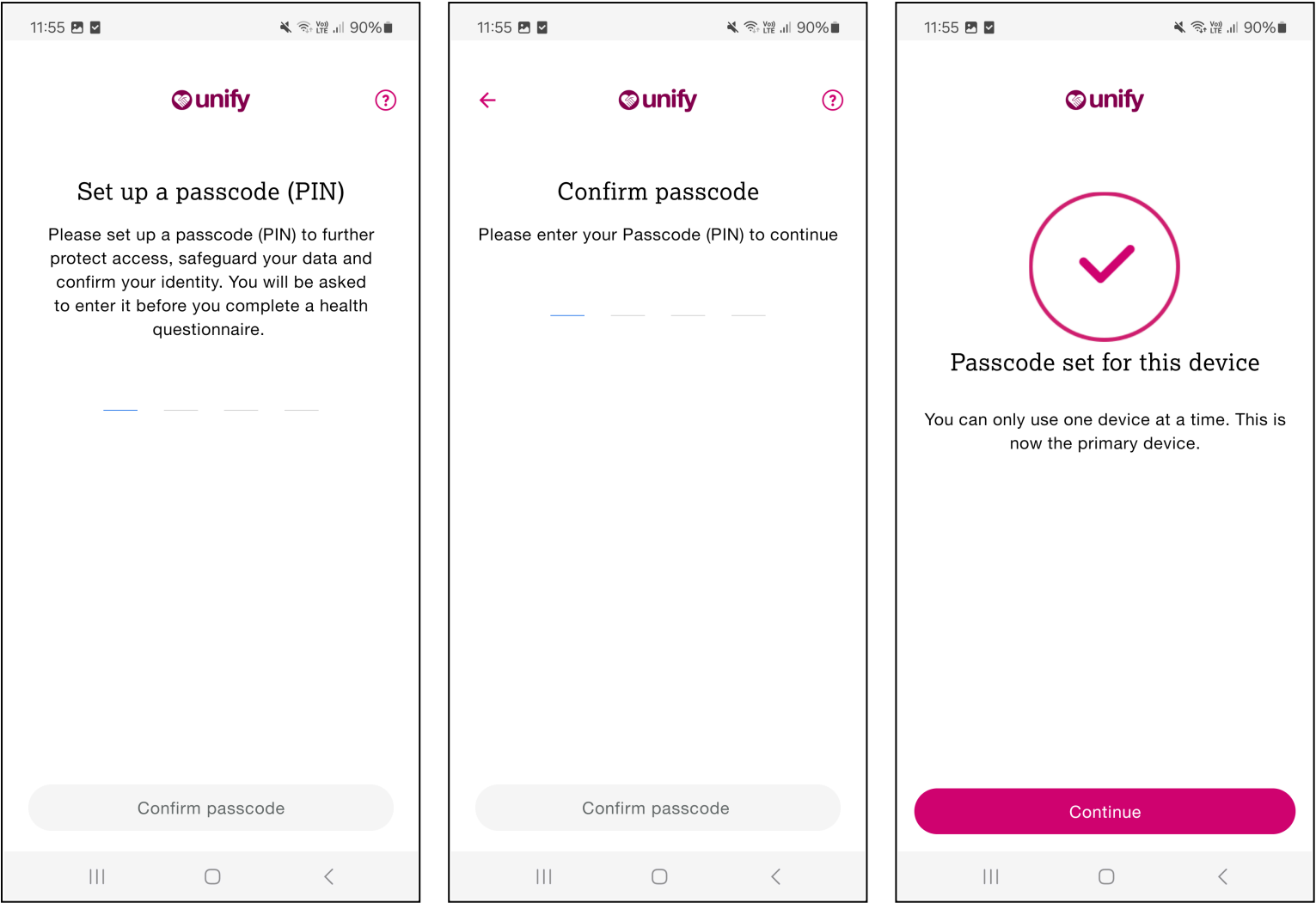
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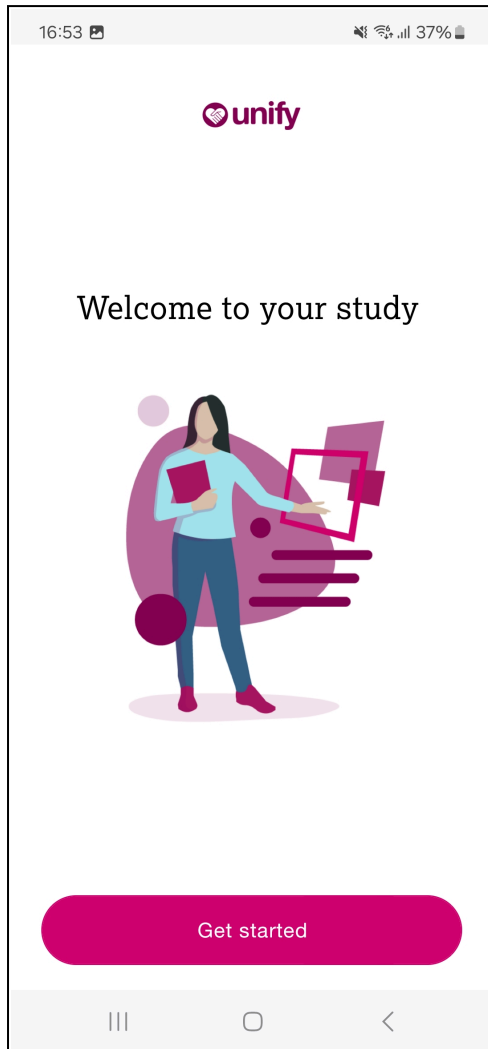
5. Notifications



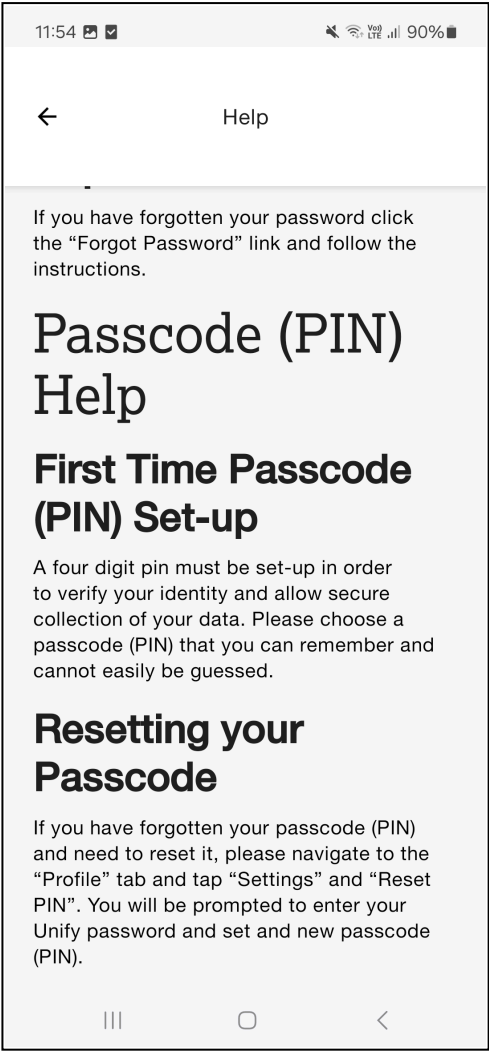
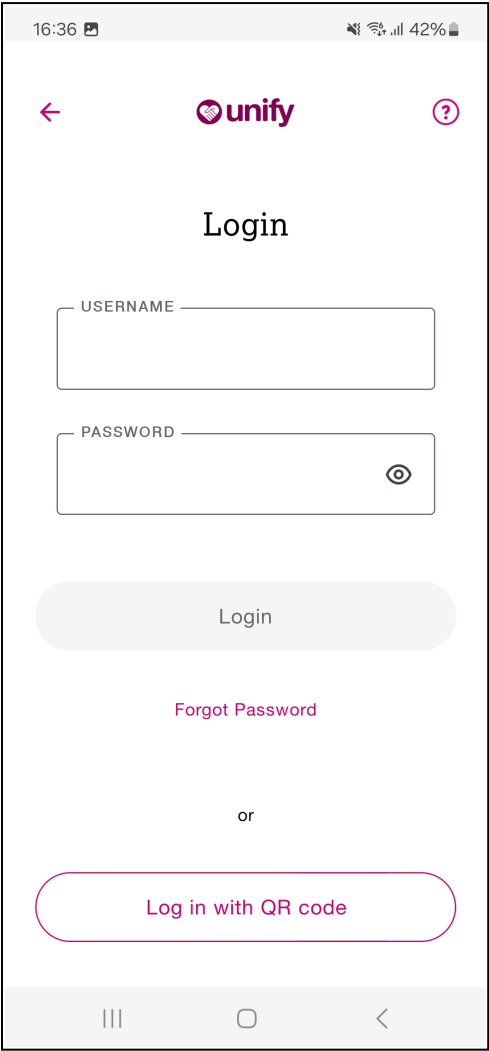
6. Set up PIN



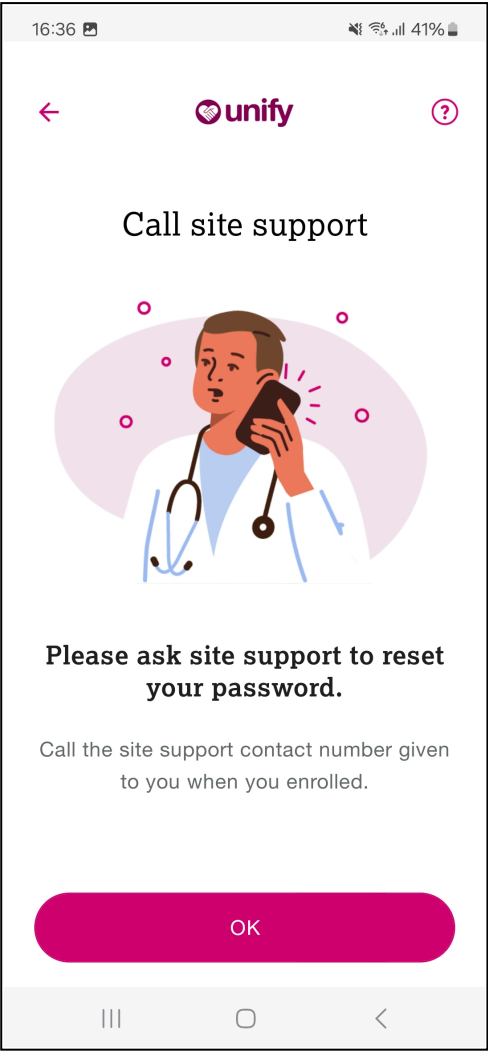
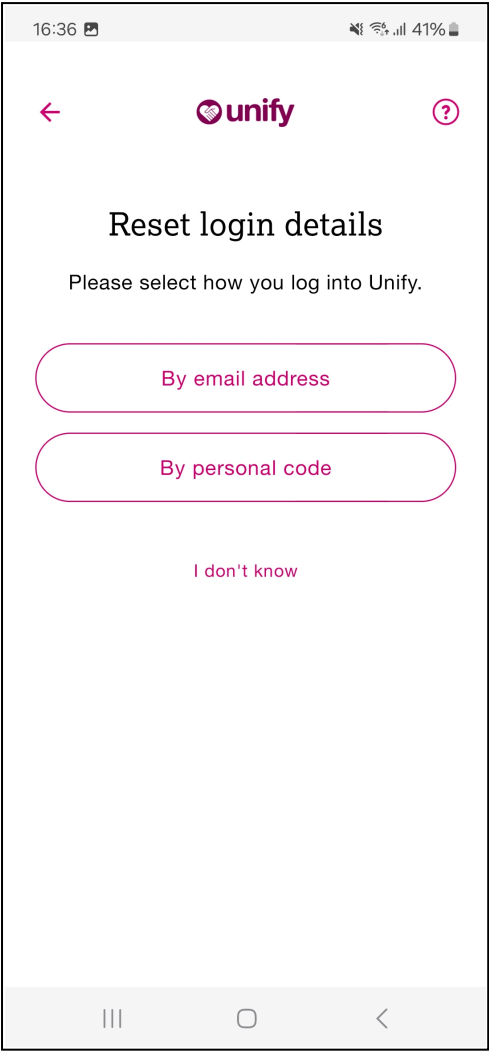
7. Welcome



8. Login

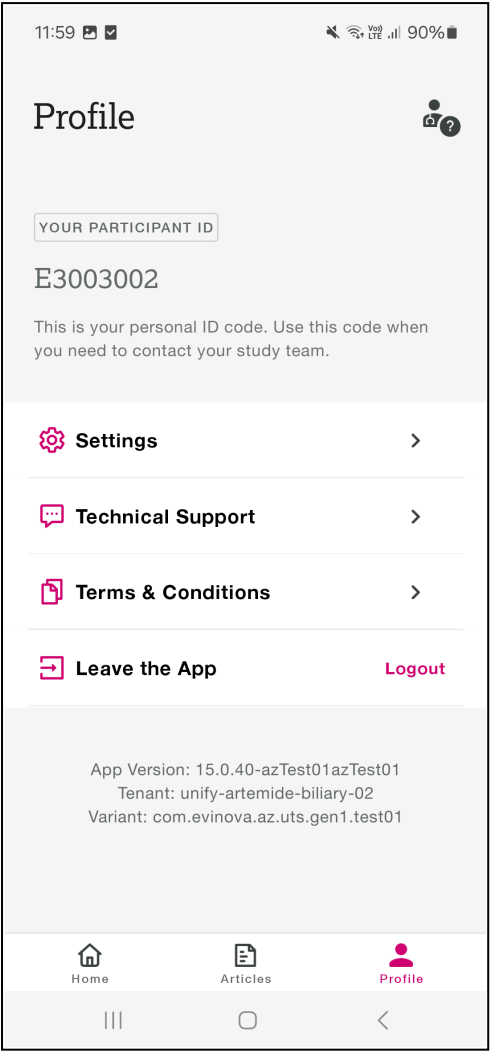


9. Reset credentials

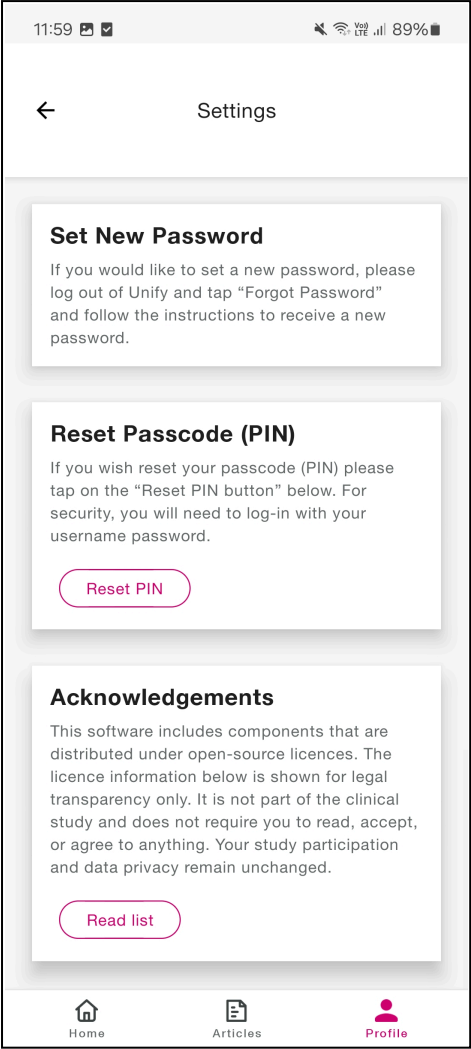


2. Profile

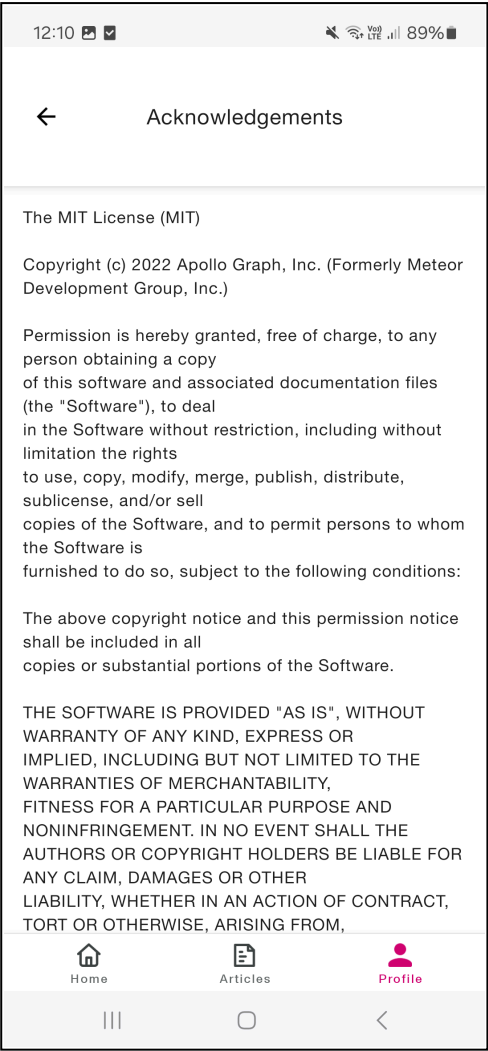
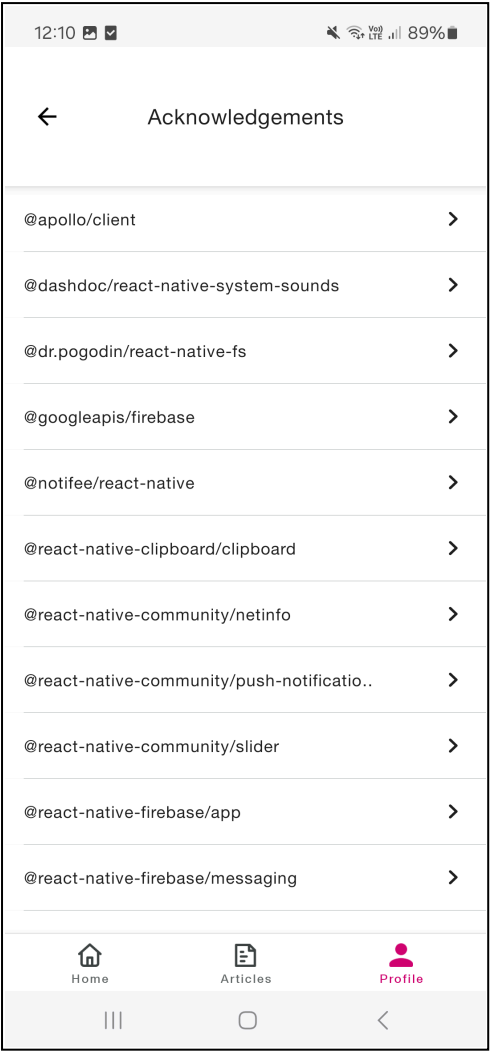
1. Home



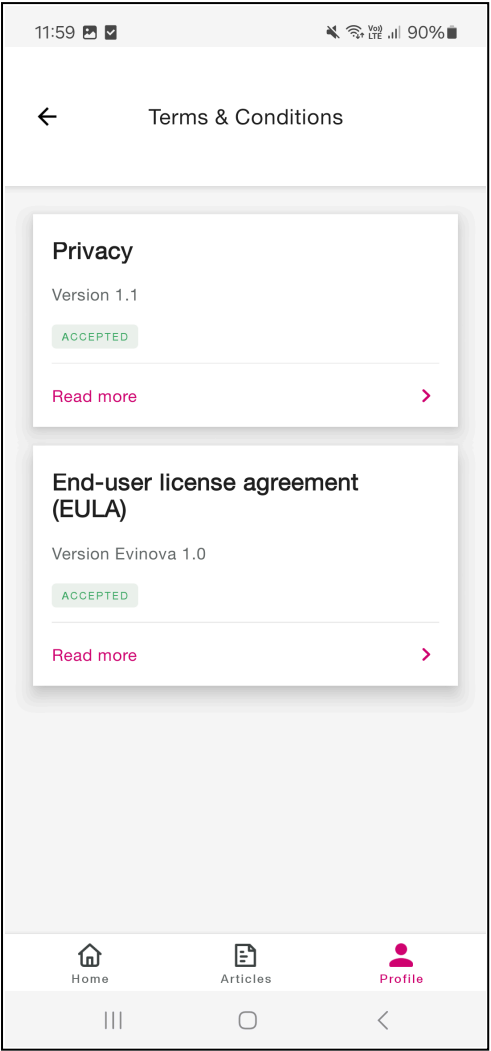
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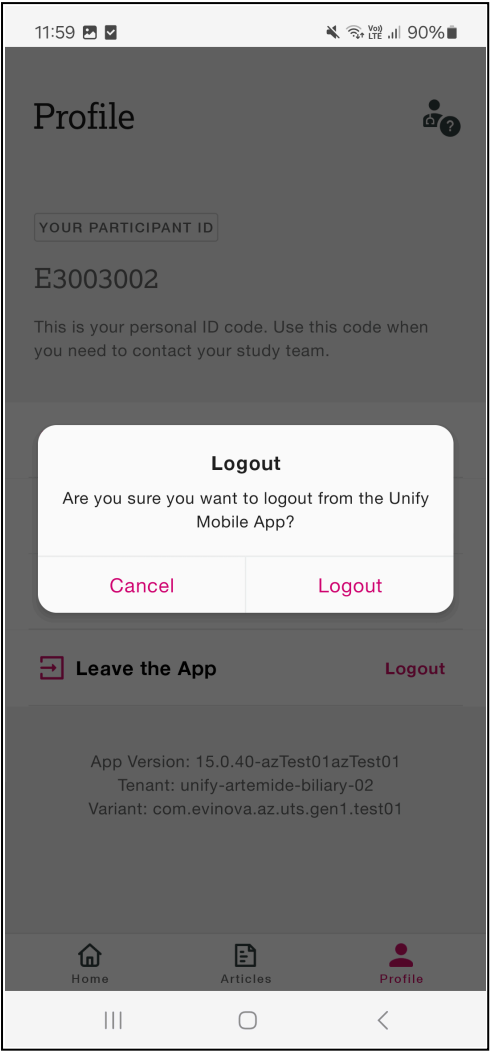
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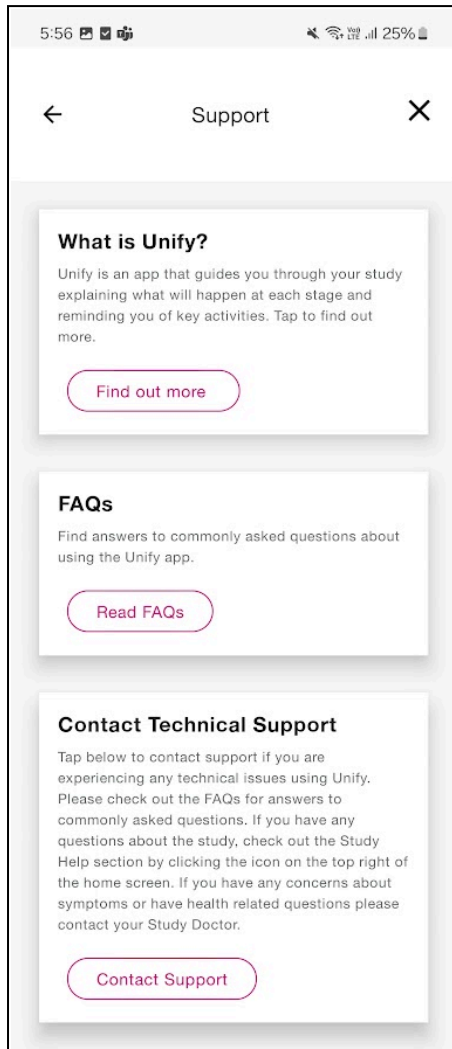


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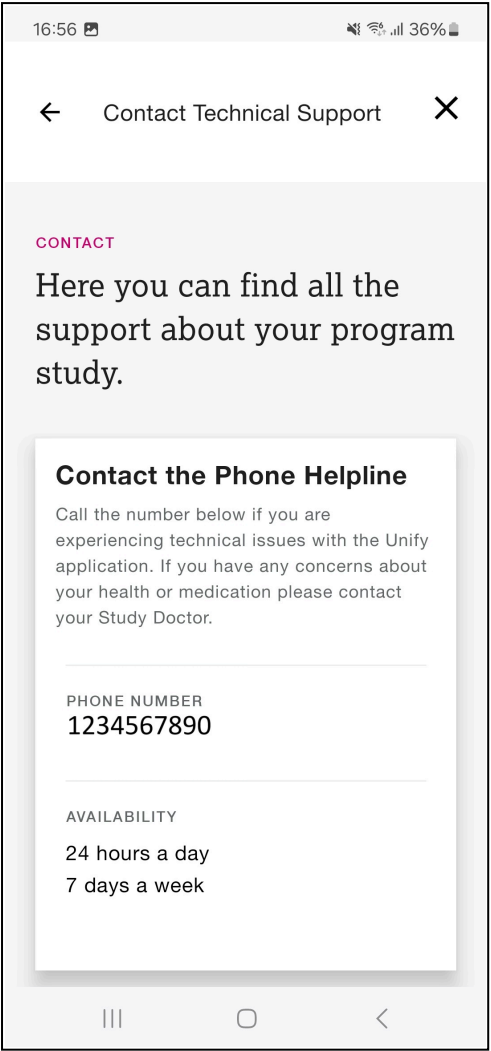


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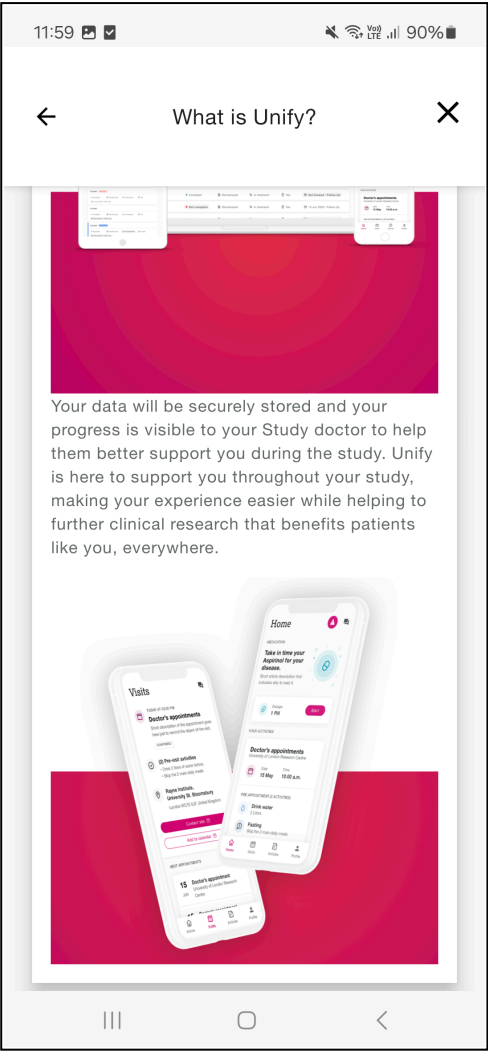
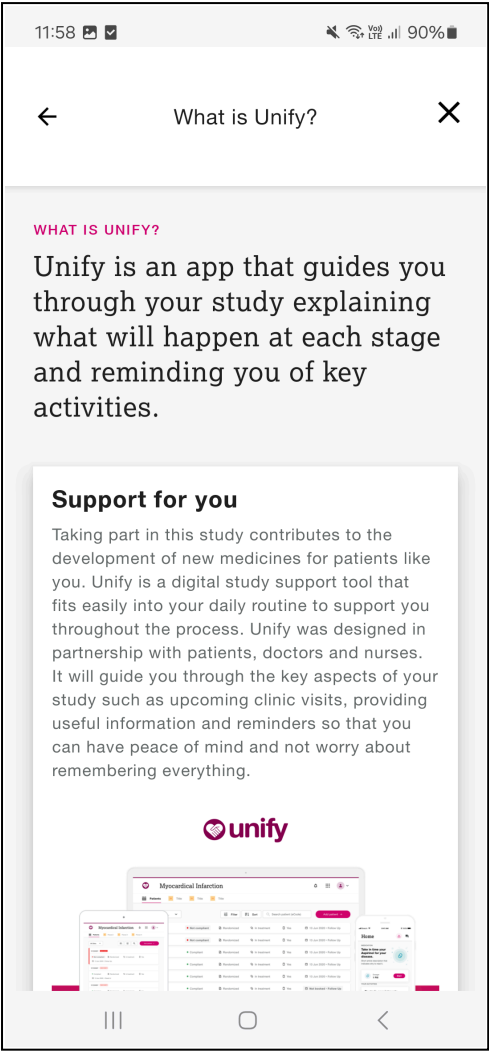
1. Home



2. Contact Technical Support (Example)

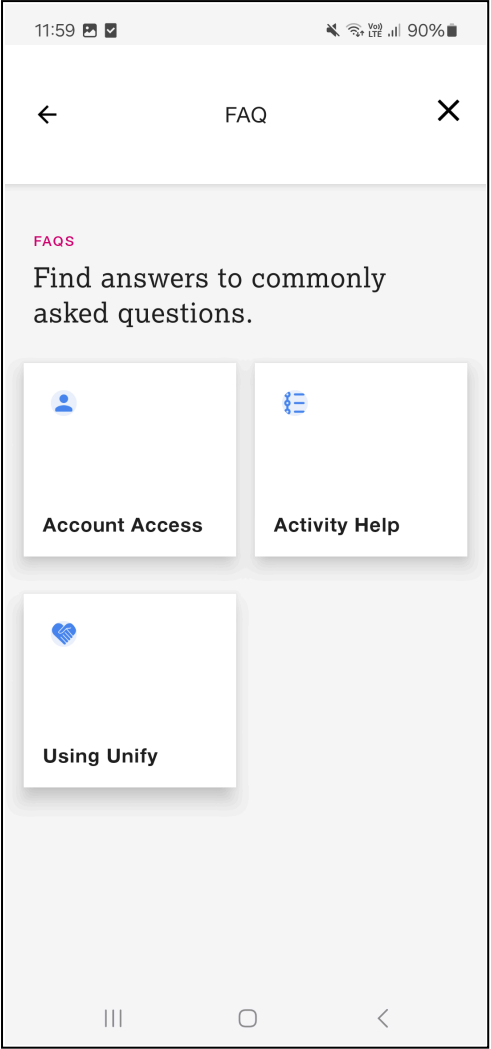


3. What is Unify

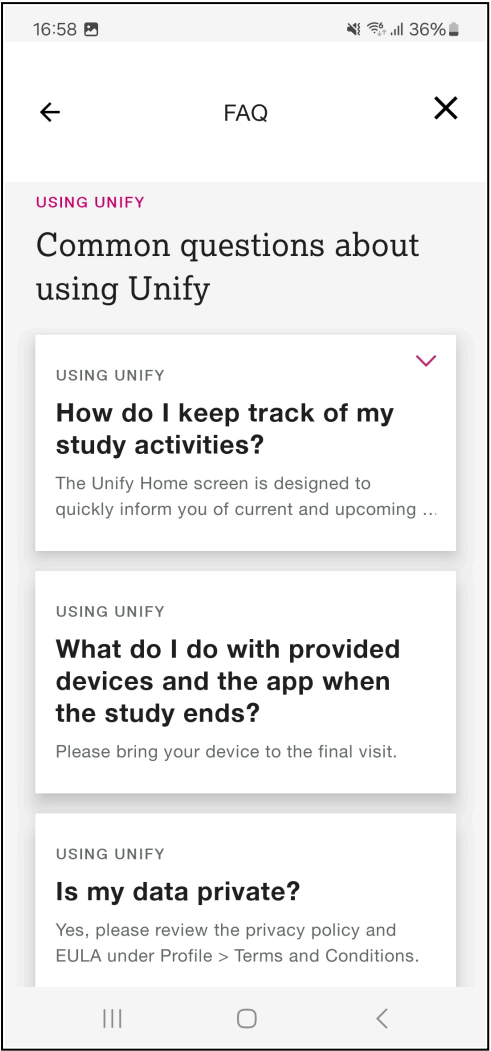


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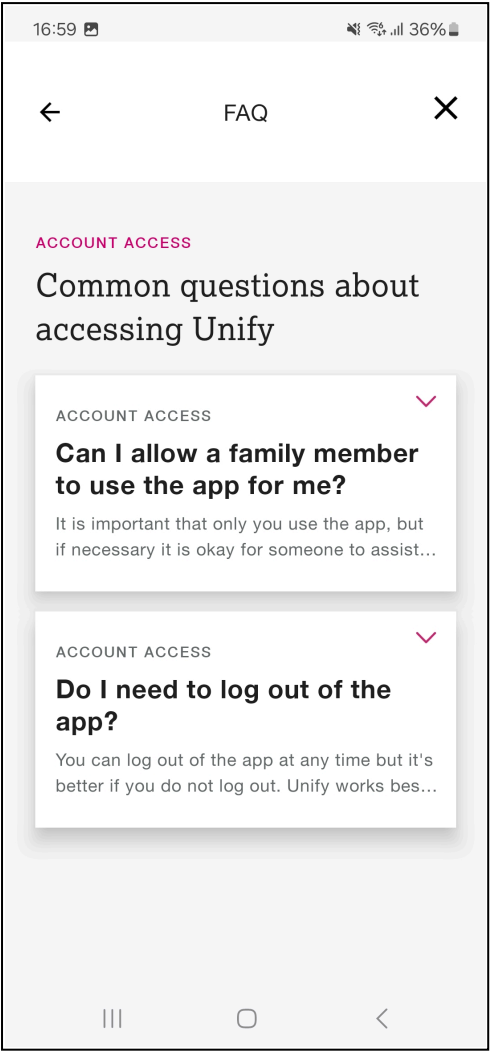
1. Overview



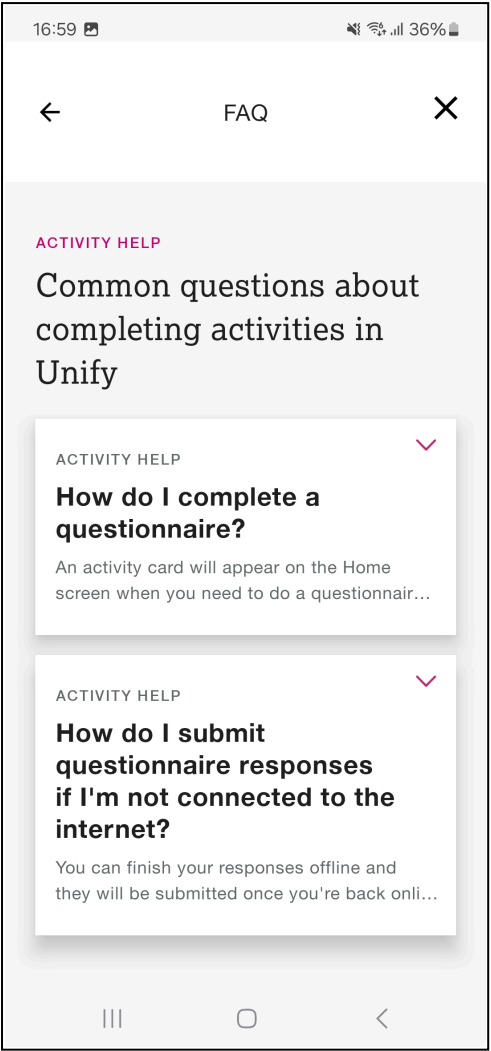
2. Using Unify (Example)



3. Account Access (Example)

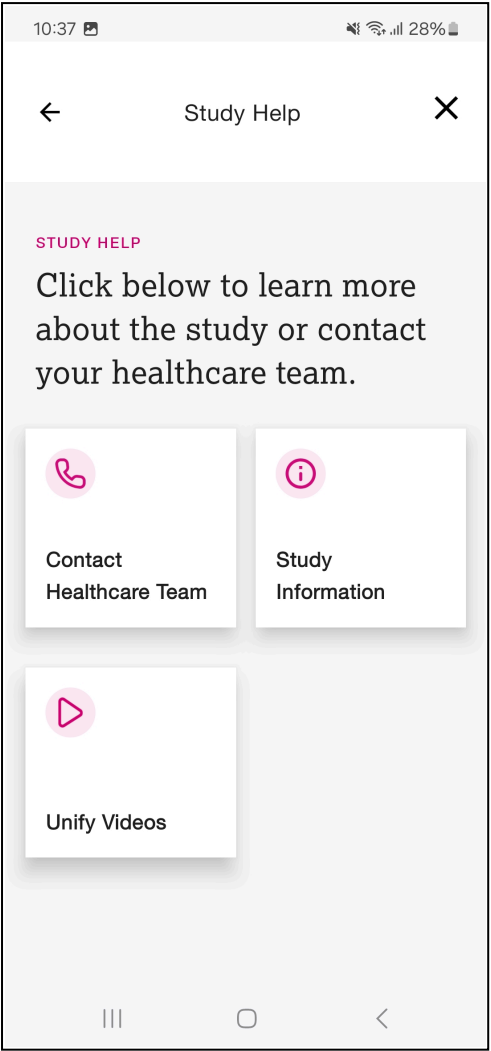


4. Activity Help (Example)

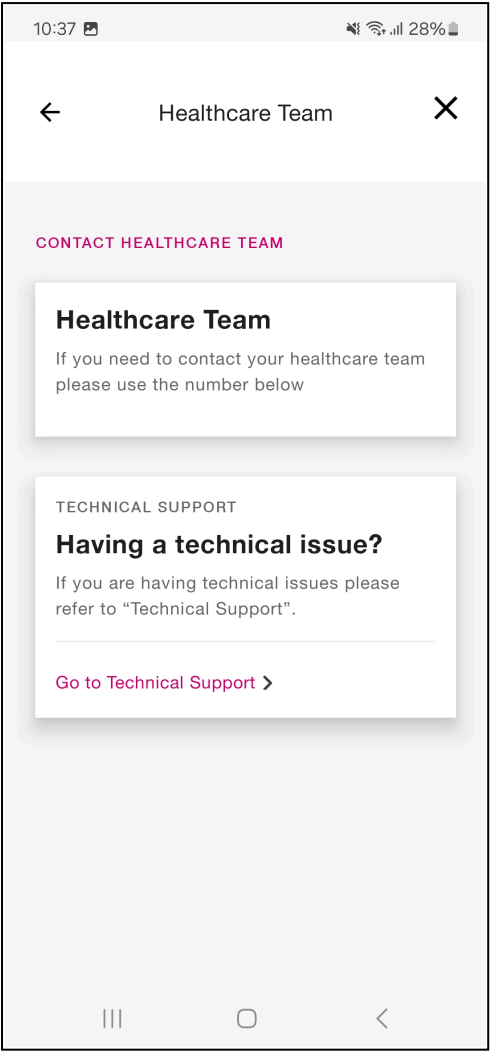


5. Study Help

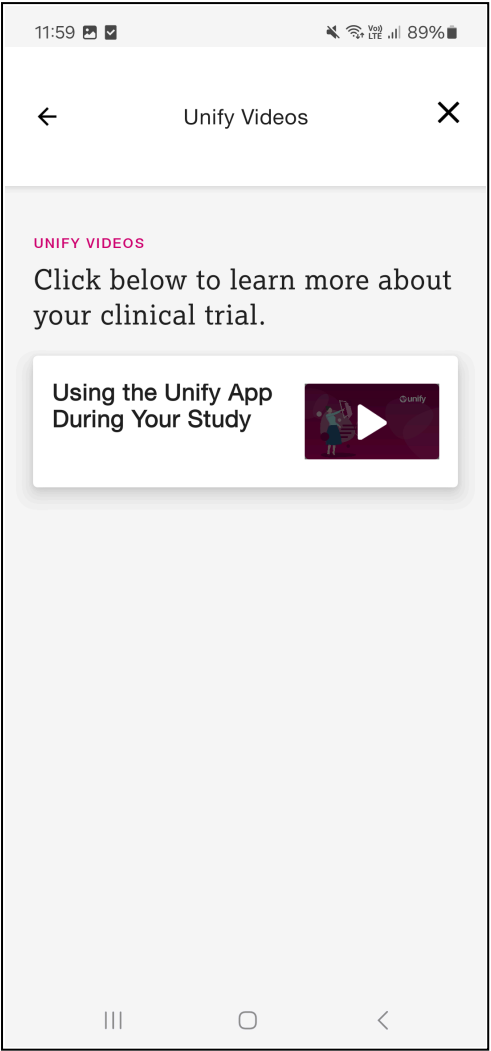
1. Overview



2. Contact Study Team

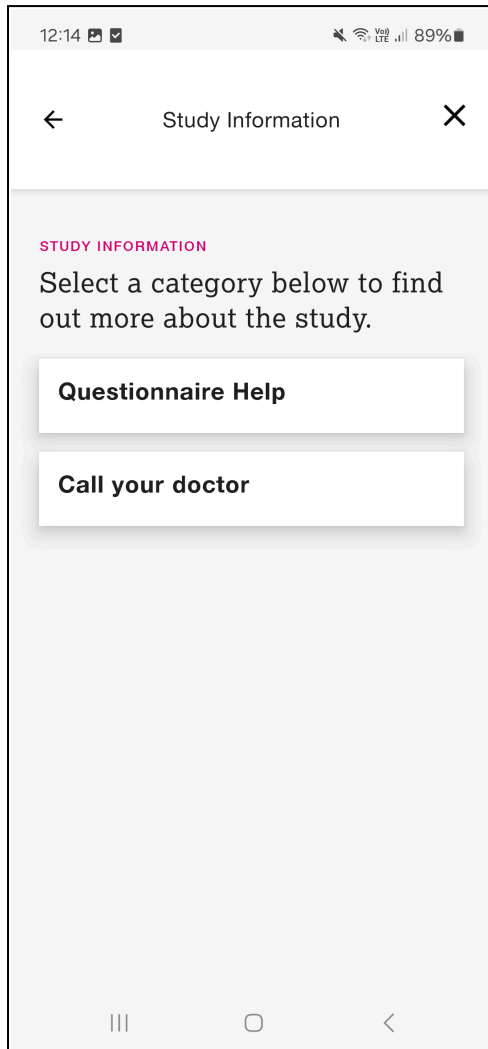


3. Unify Videos

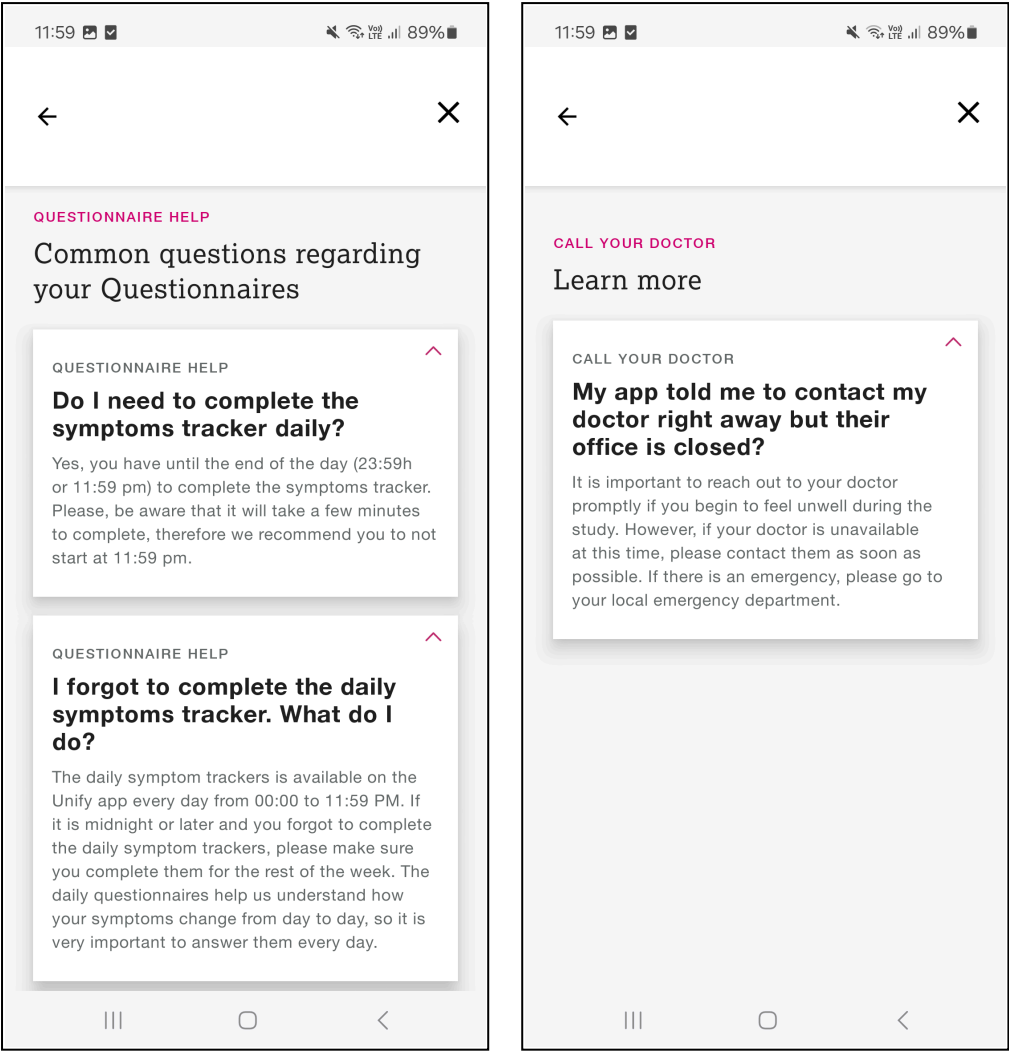


4. Study Information

1. Overview

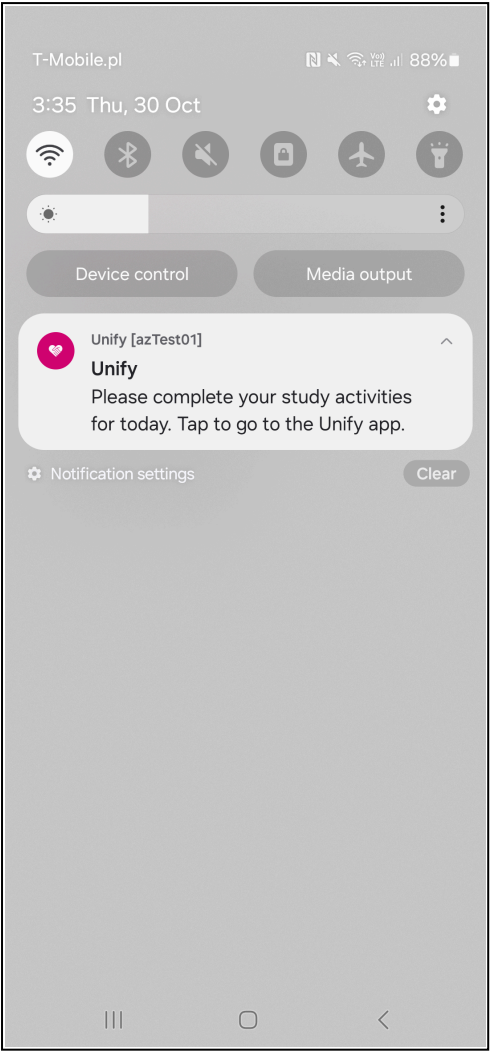


2. Questions (Examples)



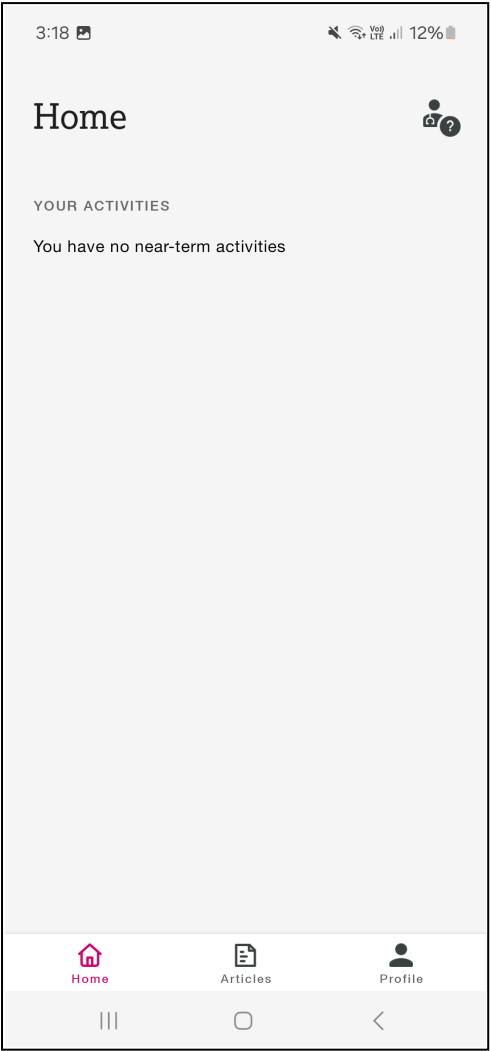
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1. Notification (Example)

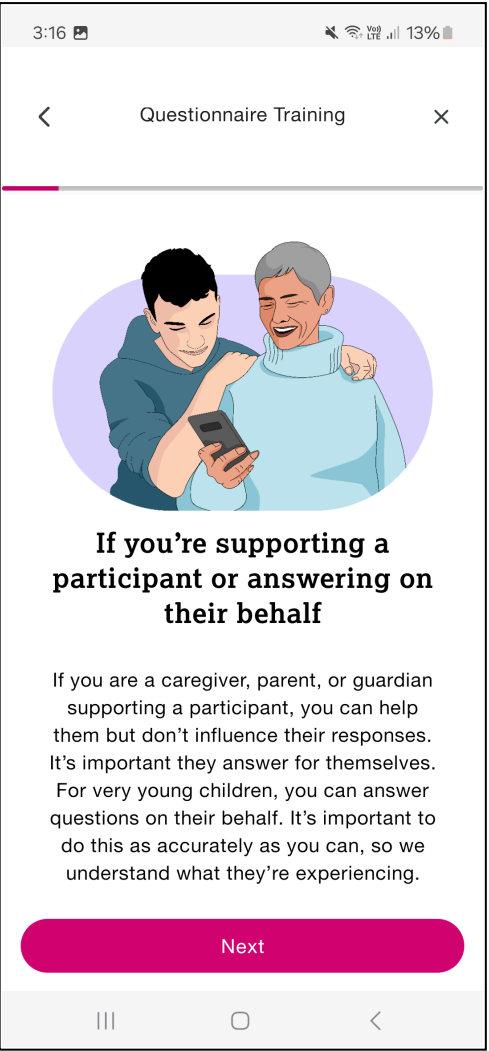
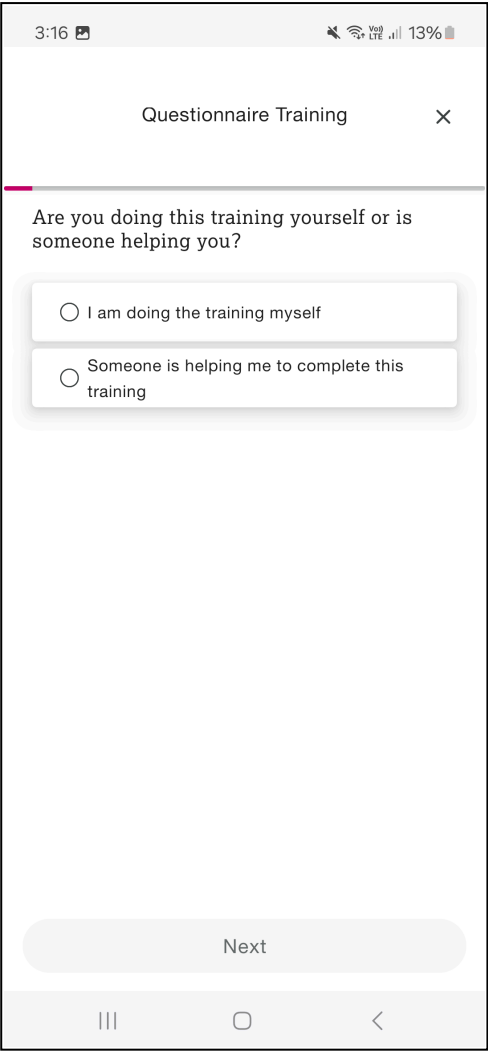
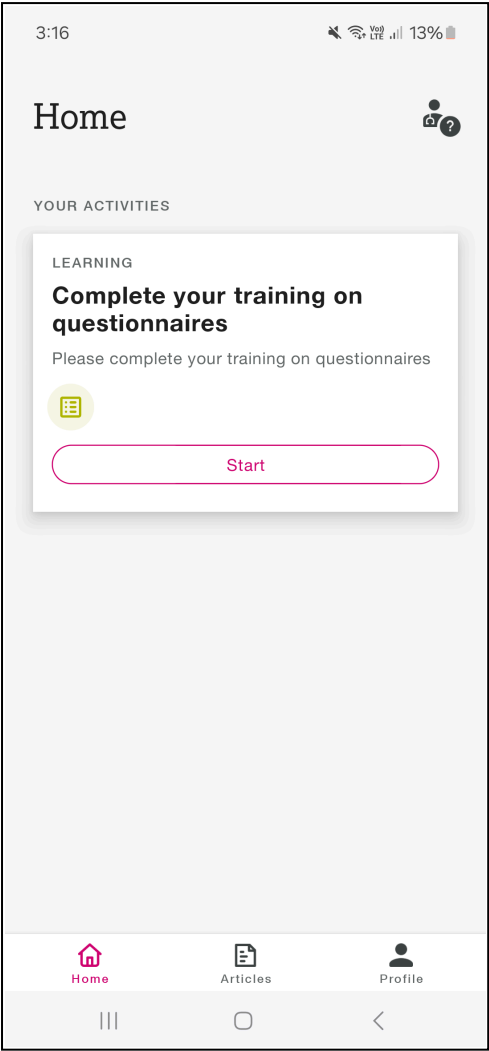


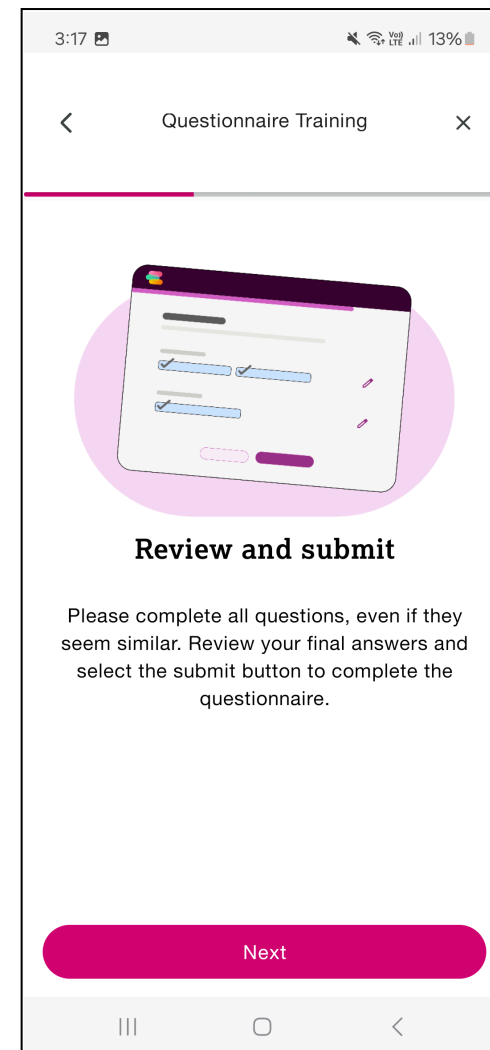
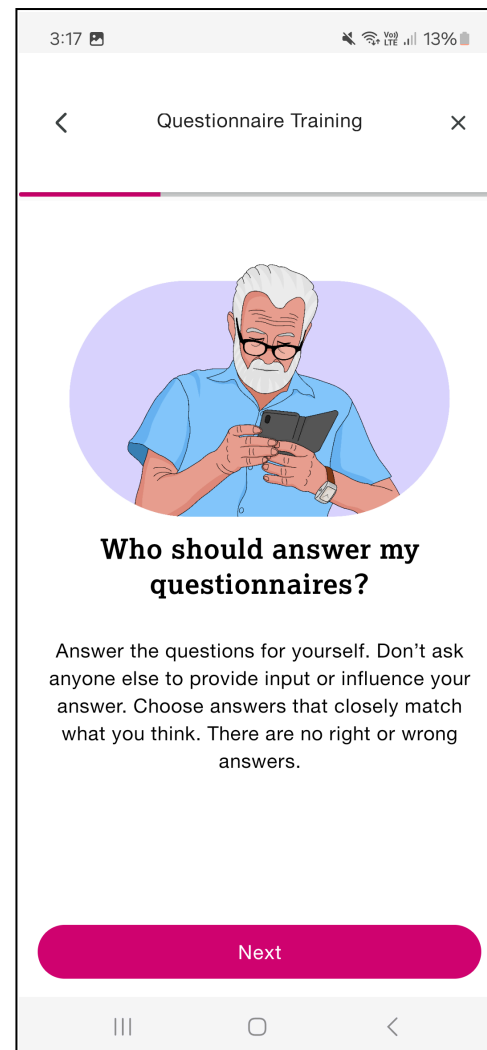
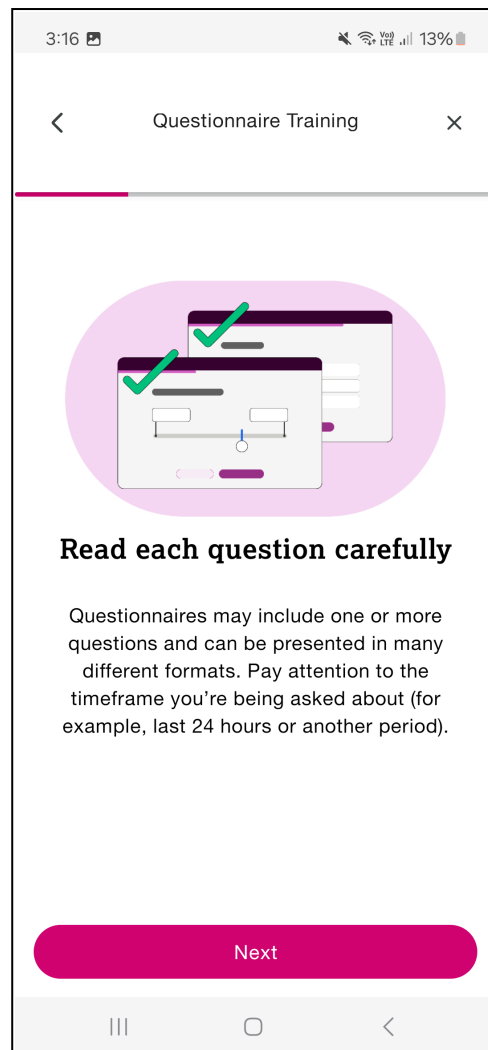
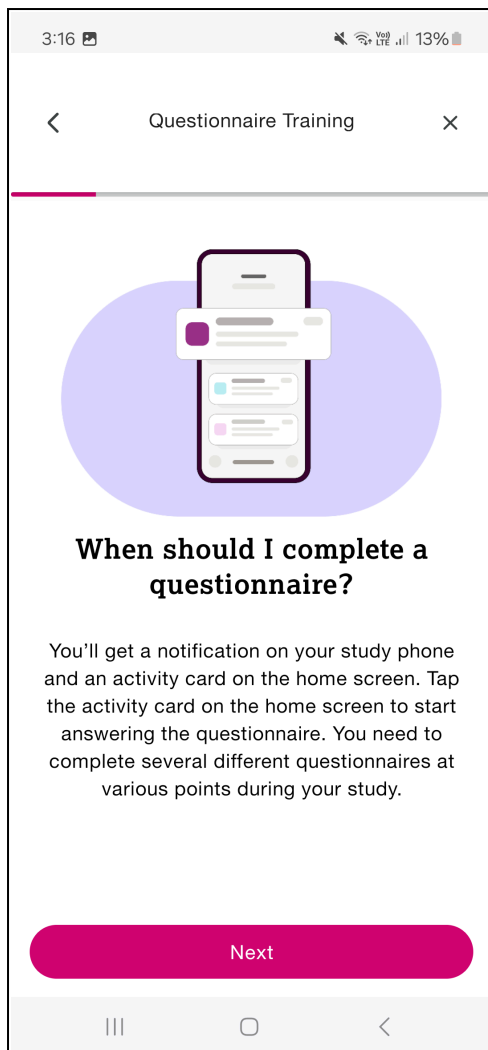
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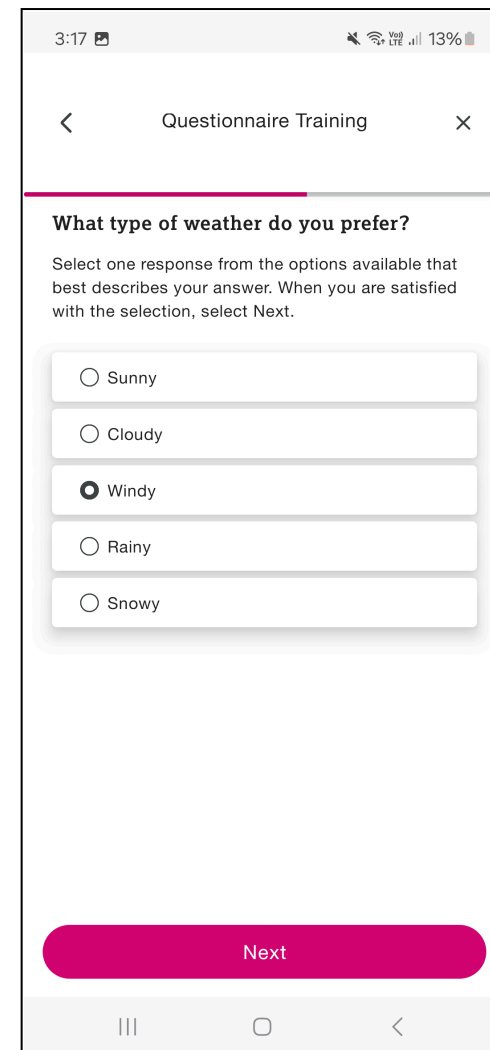
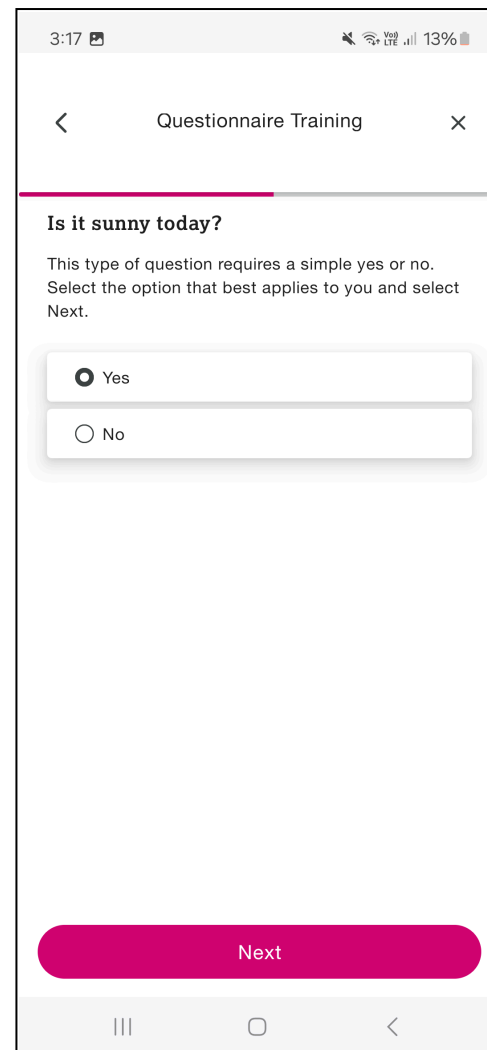
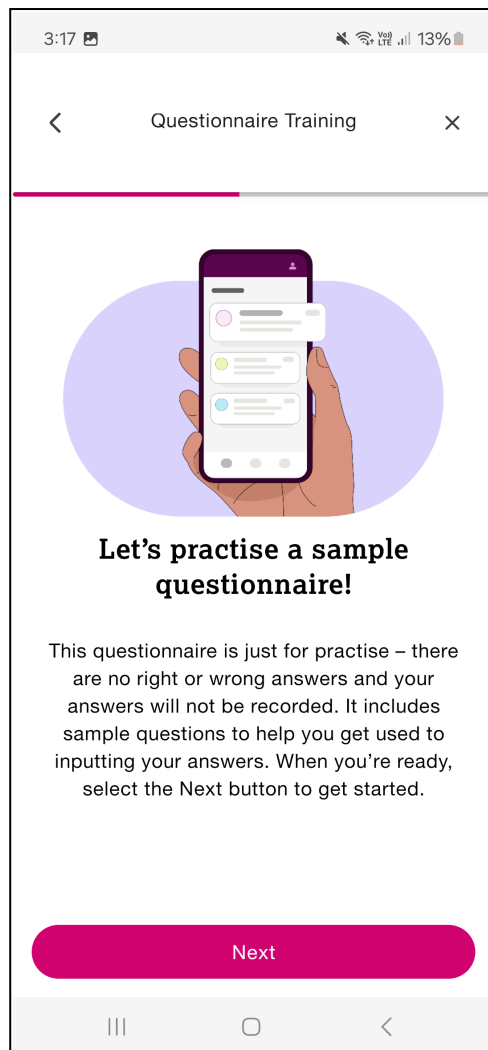
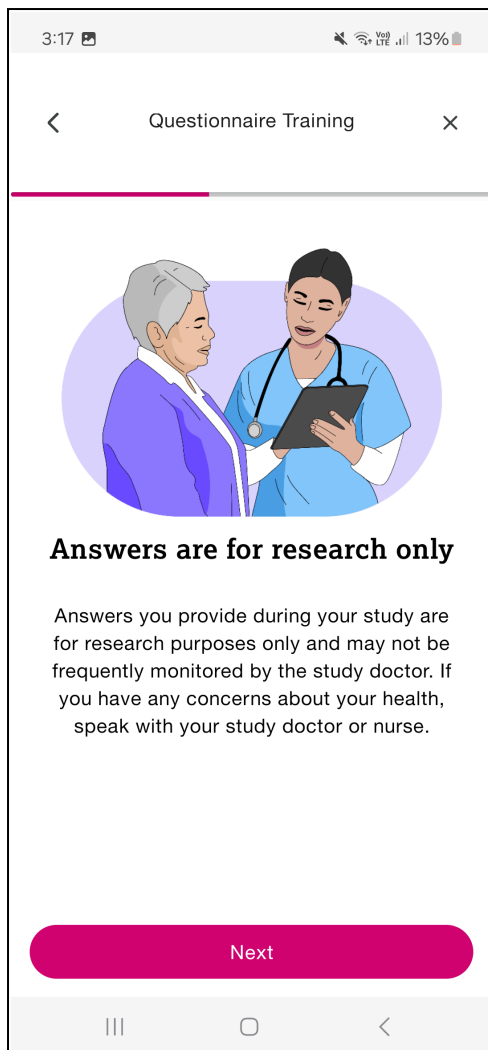
1. Home

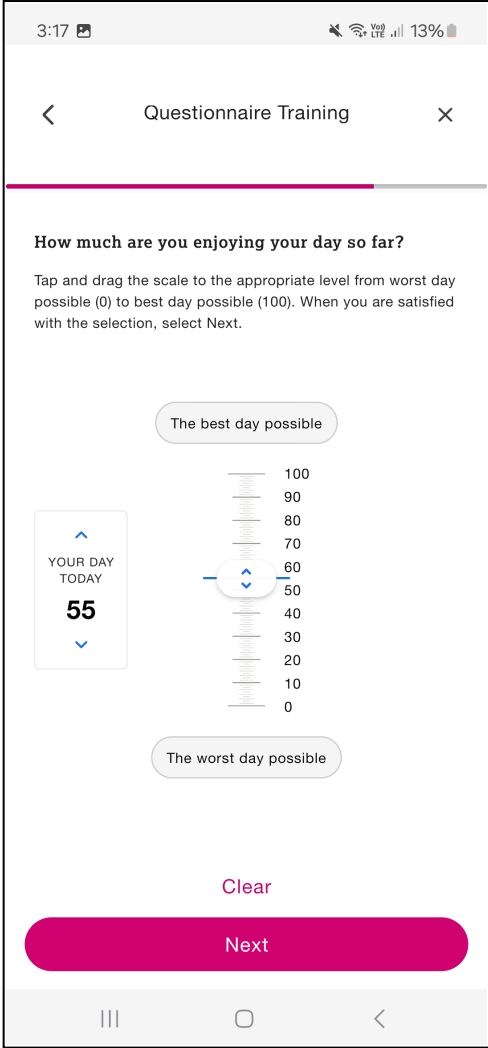
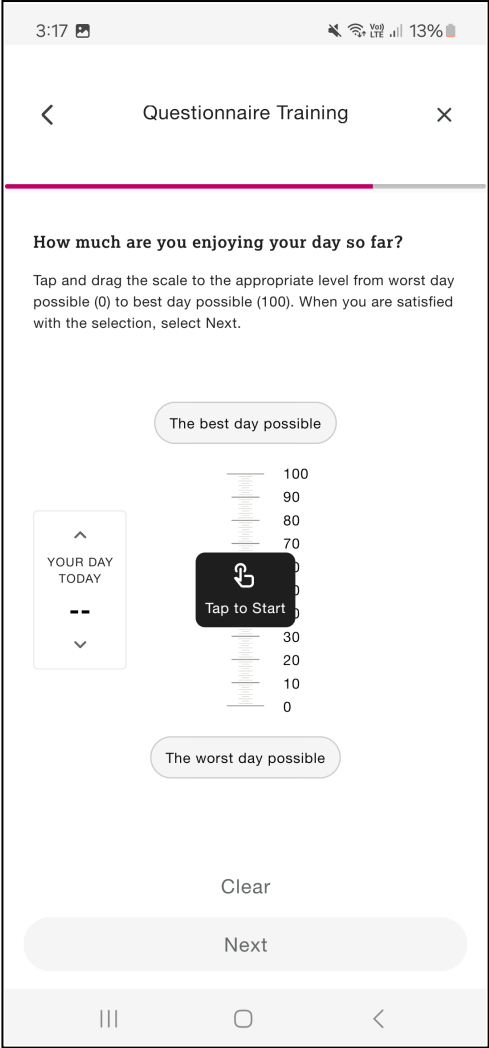
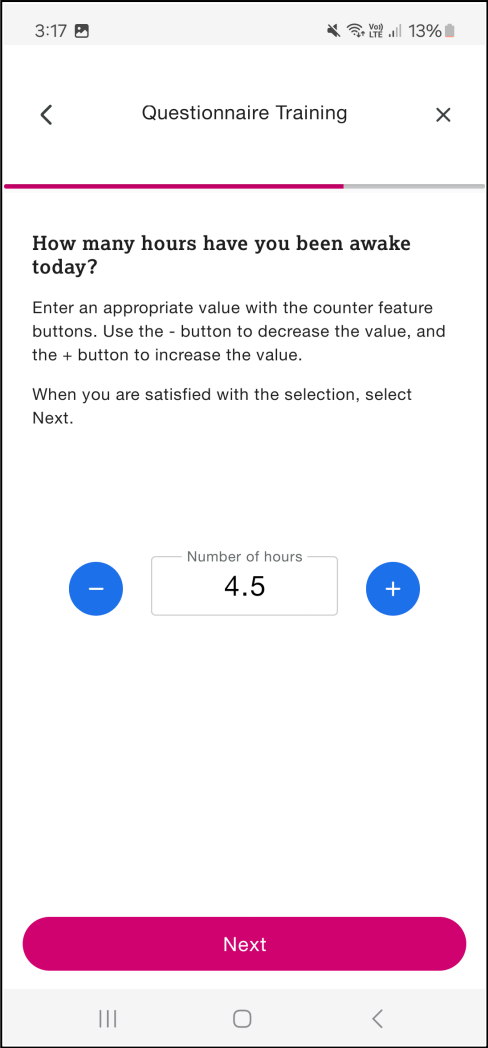
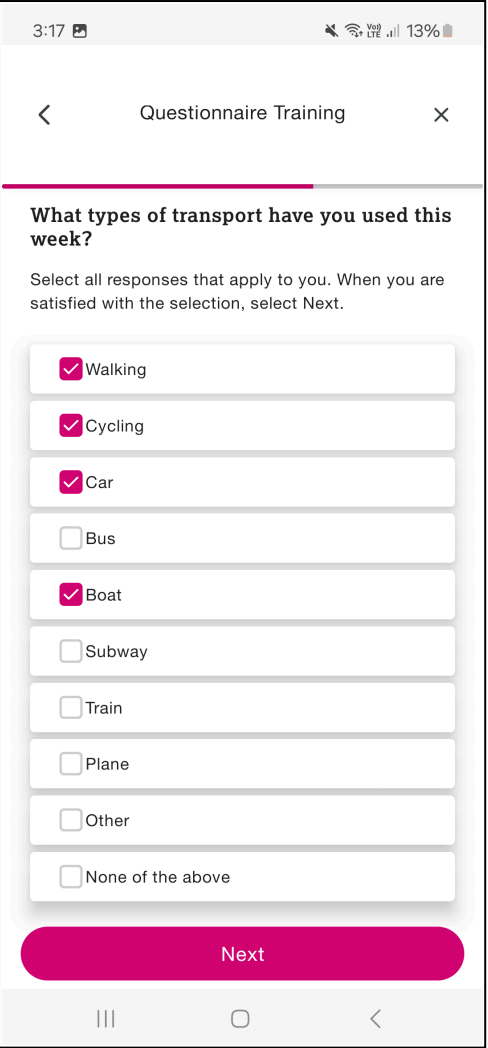


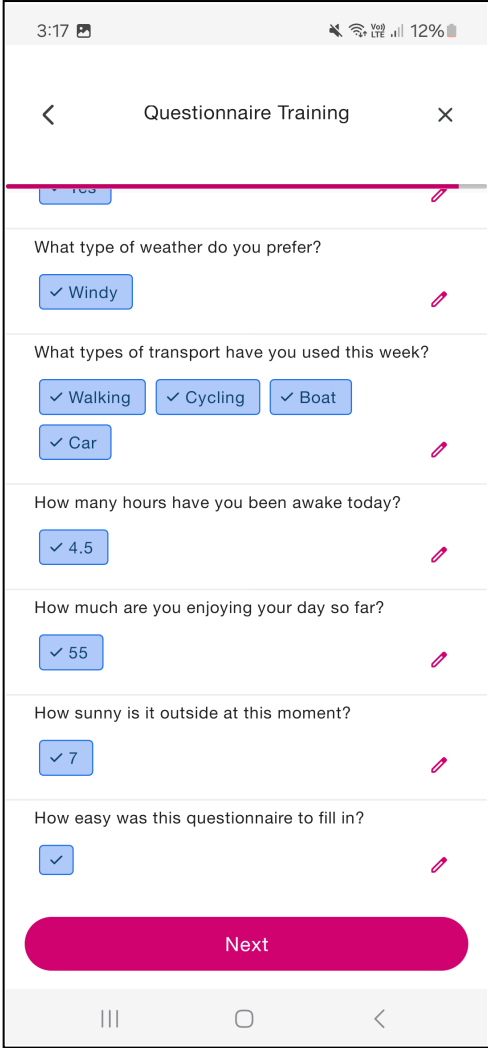
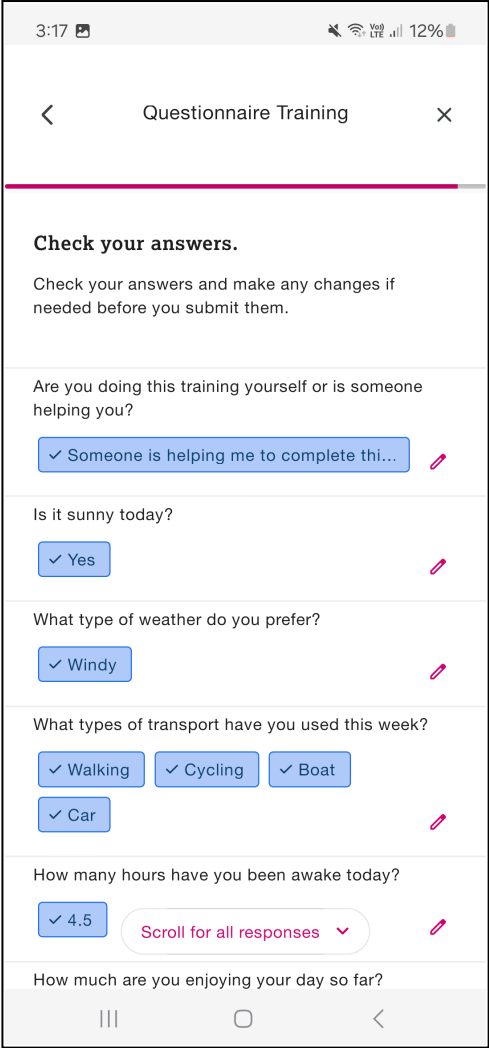
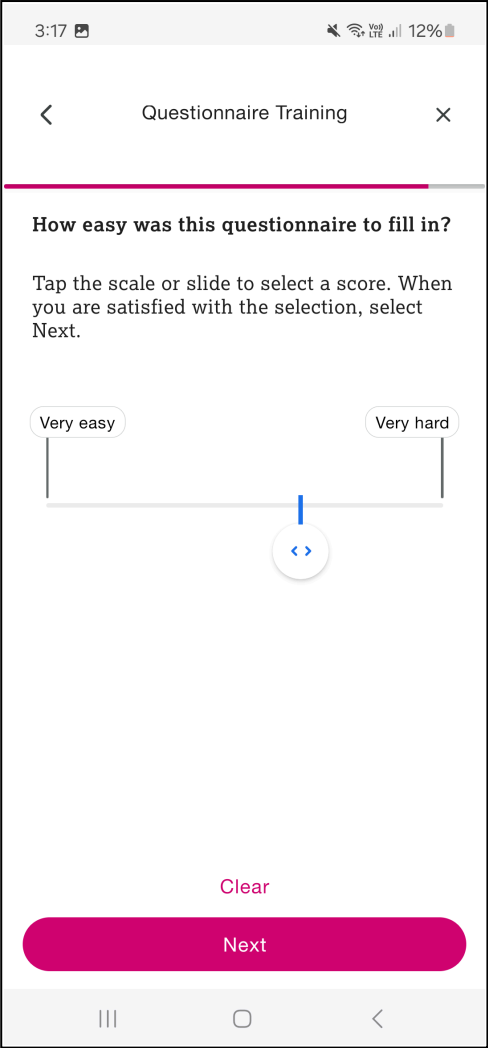
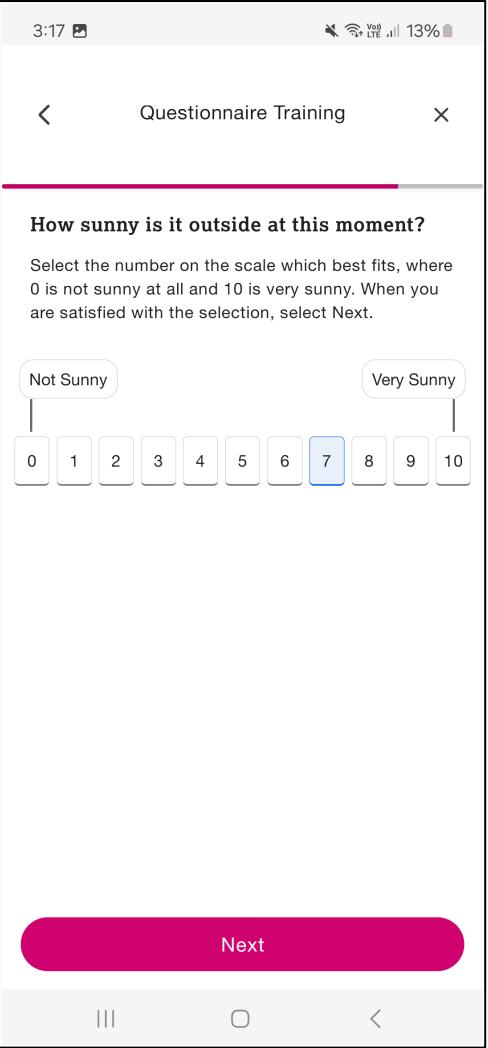
2. Questionnaire Training

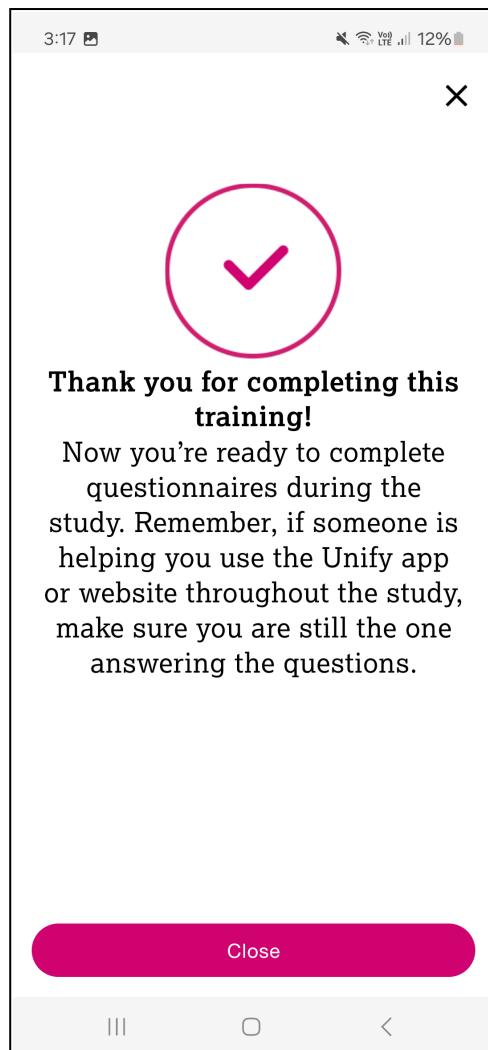
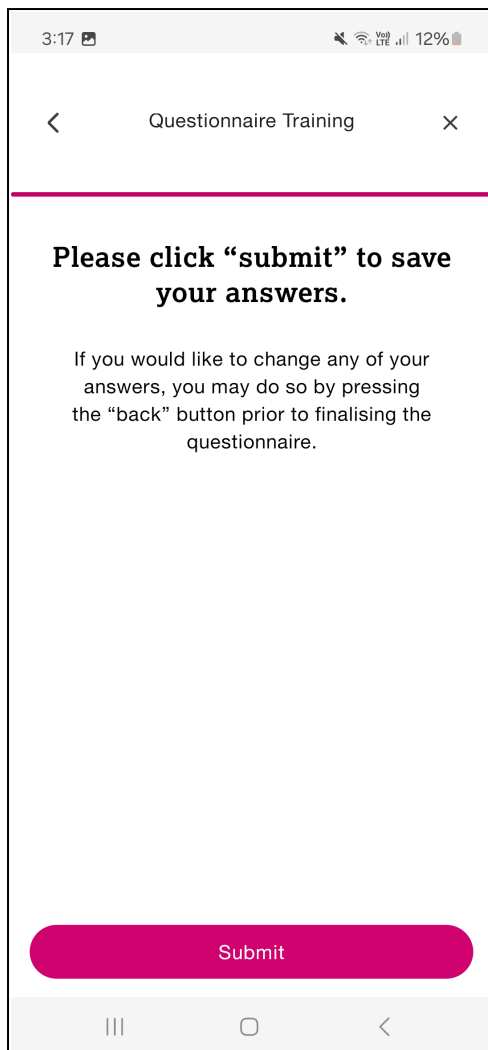




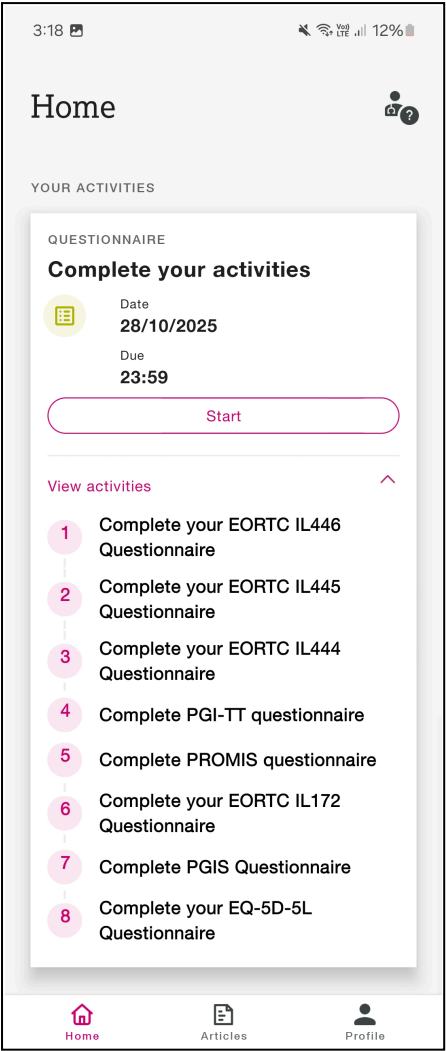








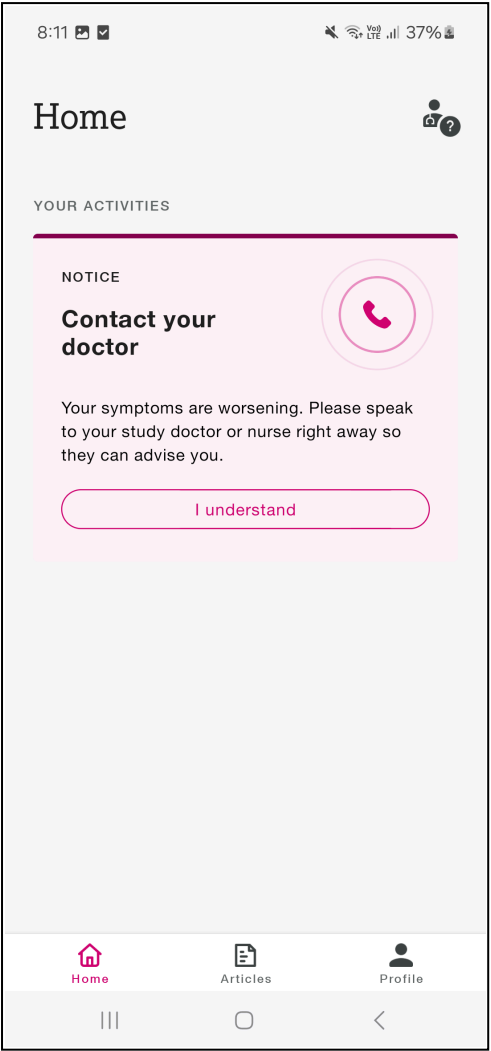
3. eCOA Questionnaire Card



4. Digestive Questionnaire Card



5. Contact Doctor Card



8. Appendix

8.1 End-user license agreement (EULA)

1. INTRODUCTION

1.1 We are Evinova AG ("**Evinova**"), a limited company incorporated in Switzerland with registered company number che-205.308.908. Our registered office is at Neuhofstrasse 34, 6340 Baar, Switzerland.

1.2 The Unified Trial Solution can be accessed via an application (the "**App**") or an internet portal ("**Web Portal**"). The Unified Trial Solution is for collecting data for clinical trials.

1.3 If you are using the Unified Trial Solution, it is because it is being used to collect data for a clinical trial that you are participating in (the "**Study**").

1.4 Evinova is not organising or administering the Study. If you have any issues in relation to the Study, you should speak to the healthcare professional responsible for the Study (the "**Investigator**") or the other healthcare professionals who are providing you with care in relation to the Study.

2. THIS AGREEMENT

2.1 All references to "you" or "your" mean the user of the Unified Trial Solution.

2.2 This Unified Trial Solution End User Licence Agreement ("**Agreement**") sets out the agreement between you and Evinova to use the Unified Trial Solution via the App or Web Portal. By clicking the 'I Accept' button and downloading, accessing or using the Unified Trial Solution, you agree and accept the terms of this Agreement. If you do not wish to agree and accept the terms of this Agreement, you will not be able to use the Unified Trial Solution.

2.3 This Agreement is in addition to the informed consent form that you sign as part of your participation in the Study (referred to below as the "Informed Consent Form").

2.4 Evinova may amend the terms of this Agreement from time to time, if the Agreement needs to be amended for security, safety or legal reasons, or if the way the Study is being organised or administered changes or the Unified Trial Solution changes. In that event, Evinova will notify you, for example by displaying the amended terms when you next access the Unified Trial Solution.

2.5 In this Agreement, the words in **bold** and quotation marks have the meaning given to them where the word or phrase is first used. If these words are used again, they have the same meaning, including:

2.5.1 the "**Study Sponsor**" means the entity that initiated the Study (as identified on your Informed Consent Form);

2.5.2 the "**CRO**" means the clinical research organisation that is involved in administering the Study; and

2.5.3 the **“Patient”** is a person participating in the Study who has been referred to use the Unified Trial Solution by the Investigator and who has signed the Informed Consent Form, or has had an Informed Consent Form lawfully executed on that person’s behalf.

2.6 To the extent that any open-source software is included in the Unified Trial Solution, the terms of an open-source licence may override some of these terms.

2.7 You will not be charged by Evinova for your use of the App, Web Portal or Unified Trial Solution, or the download of the App.

3. WHO MAY USE THE UNIFIED TRIAL SOLUTION

3.1 You may only use the Unified Trial Solution if you are:

3.1.1 a Patient; or

3.1.2 a carer, caregiver, care partner or legal guardian of the Patient with legal authority to enter into this Agreement on behalf of the Patient and to manage the Patient’s participation in the Study (a **“Carer”**).

3.2 Evinova shall use reasonable security measures to protect against unauthorised access to your account, but you must keep your log-in details and password confidential and secure.

3.3 You must immediately notify the Investigator of any unauthorised use of your account or password, or any other breach of security in relation to the Unified Trial Solution, and acknowledge that Evinova and your Investigator may not be able to mitigate such unauthorised access or other breach of security until you do so.

4. ASSISTANCE WITH THE UNIFIED TRIAL SOLUTION

4.1 Your Investigator will direct you to the appropriate contact if you require assistance with the Unified Trial Solution. If Evinova has to contact you, Evinova will do so through your Investigator.

5. WHAT YOU MAY USE THE UNIFIED TRIAL SOLUTION FOR

5.1 If you are a Patient, or Carer using the Unified Trial Solution on behalf of the Patient, you may use the Unified Trial Solution to do some or all of the following:

5.1.1 receive reminders or notifications for upcoming Study visits or to complete Study related tasks;

5.1.2 access health questionnaires and/or diaries and provide your responses to them within the Unified Trial Solution;

5.1.3 access Study support articles and technical support contact information;

5.1.4 provide device measurement readings;

5.1.5 order and receive home delivery of Study supplies;

5.1.6 participate in telehealth services connecting you to the Study site team providing your care via remote video consultation; and/or

5.1.7 provide health and/or symptom information about yourself to the Study site staff involved in the supervision of the Study in which you are participating.

Specific uses of the Unified Trial Solution vary depending on the nature of the Study and whether you are a Patient or a Carer.

6. EVINOVA'S RIGHTS IN THE APP AND WEB PORTAL

6.1 Evinova grants you a personal, non-transferable and non-exclusive right and licence to download, install, access and use the App or Web Portal, and to access and use the content provided through the App or Web Portal ("**Content**") and related documentation provided by Evinova ("**Documentation**") solely as set out in clause 5.1 above. Evinova reserves all other rights in and to the App and Web Portal, Content and Documentation.

6.2 All intellectual property rights in the App and Web Portal, Content, Documentation and other information, and any corresponding services, throughout the world belong to Evinova or licensors of Evinova and the rights in the App and Web Portal, Content, Documentation and other information and any corresponding services are licenced (not sold) to you. You acknowledge that you have no intellectual property rights in, or to, the App and Web Portal, Content, Documentation or other information, or any corresponding services, other than the right to use them in accordance with the terms of this Agreement.

7. USER CONTENT

7.1 With respect to information and other content you submit or make available through the Unified Trial Solution ("**User Content**"):

7.1.1 you acknowledge that your User Content may be shared with the Investigator and other relevant individuals involved with the support of your care, or with your participation in the Study including the CRO, the Study Sponsor, and any ethics committees and regulatory authorities supervising the conduct of the Study;

7.1.2 you grant the CRO and the Study Sponsor a right to use, reproduce, modify, share and publish all User Content for the purposes set out in the Informed Consent Form; and

7.1.3 you grant Evinova a right to use, reproduce and modify all User Content to the extent necessary to provide technical support for the Unified Trial Solution.

7.2 Evinova may use information about the device on which you use the App or Web Portal, the performance of the App or Web Portal, and other data about how you interact with or use the App or Web Portal (the "**Usage Data**") in accordance with the Evinova Privacy Policy.

8. WHAT YOU MAY NOT DO WITH THE APP OR WEB PORTAL

8.1 You must not adapt, customise, disassemble, de-compile, reverse engineer or create derivative works based on the whole or any part of the App or Web Portal, nor attempt to do such things, except to the extent you have legal rights to do so that may not be excluded by contract. You must not violate, or attempt to violate, the security of the App or Web Portal. You must not attempt to remove or alter any copyright, proprietary or similar notices in the App or Web Portal.

8.2 You agree not to use the App or Web portal to (i) upload, transmit or otherwise make available any User Content that is unlawful or objectionable, and/or that you do not have a right to make available, that contains software viruses or any other destructive or disruptive computer code, files or programs, (ii) interfere with or disrupt the App or Web Portal or servers or networks connected to the App or Web Portal, (iii) impersonate any person or entity or falsely state or otherwise misrepresent your affiliation with a person or entity, (iv) violate any applicable law and/or (v) otherwise do anything that is not expressly permitted by these terms.

8.3 You must not distribute, sub-license or otherwise permit access to the App or Web Portal to anyone else.

9. PRIVACY

9.1 When you access the Unified Trial Solution for the first time you will also be asked to read and accept the Evinova Privacy Policy, and if applicable, the Study Sponsor's Privacy Policy, which explain how Evinova (and the Study Sponsor, if applicable) collect, use and store your personal data (the **"Privacy Policies"**). The Privacy Policies are available to access through Web Portal and App from time to time.

9.2 Evinova will only use any personal data collected through your use of the Unified Trial Solution as set out in the Informed Consent Form (in relation to the personal data of a Patient) and the Privacy Policies.

9.3 Evinova will take reasonable measures to secure messages or information sent by you using the Unified Trial Solution, but please be aware that information sent over the internet is never completely private or secure and that any message or information you send using the Unified Trial Solution or any service may be read or intercepted by others, even if there is special notice that a particular transmission is encrypted.

10. DISCLAIMER

10.1 Evinova makes no representation or warranty other than as expressly set out in this Agreement. To the extent permitted by applicable law, the Unified Trial Solution is provided on an 'as is' basis, and Evinova disclaims and excludes all conditions, warranties and other terms that may otherwise be implied by applicable law into this Agreement including, for example, that the Unified Trial Solution shall be available at all times, or that it is free of errors.

10.2 In order to use the Unified Trial Solution, you will need access to the internet. You acknowledge and agree that by using the internet to use the Unified Trial Solution on a third party device that is not a Study Device (as described in clause 12 below), you may incur charges from your wireless carrier, mobile network, internet service provider or other method of internet access, depending upon your contract or plan with your provider. You acknowledge that payment of any such charges or any service fees associated with such access will be your sole responsibility. You agree that your use of the Unified Trial Solution will be in accordance with all requirements of your wireless carrier, mobile network, internet service provider or other method of internet access. You understand and agree that we are not responsible for disconnections, connection quality issues, service interruption or other issues that you may experience when using the Unified Trial Solution as a result of any issue with your device's or a Study Device's internet connectivity.

10.3 Where the Unified Trial Solution provides content from, or links to, external third-party sources, Evinova shall have no responsibility for those external sources, including as to their accuracy and nature. You are responsible for complying with the terms and conditions of those external sites.

11. RESTRICTIONS REGARDING THE UNIFIED TRIAL SOLUTION

11.1 The information that is made available through the Unified Trial Solution is provided for general information purposes only and does not provide professional medical advice, diagnosis or treatment. Any information that is made available through the Unified Trial Solution is intended to inform you about the Study only and should not be taken as a recommendation for treatment of any particular person. It is your Investigator's responsibility to guide you through the Study.

12. STUDY DEVICE

12.1 Unless your Investigator provides you with a third party device to enable to you to use the App in participating in a Study ("**Study Device**"), you may download, access and use the Unified Trial Solution on a device owned or controlled by you (provided that where you do not own the device, you have the owner's permission to do so).

12.2 If you are provided a Study Device:

12.2.1 you may only use a Study Device for the purpose of participating in the Study, and in accordance with any additional usage restrictions notified to you by your Investigator and/or Evinova;

12.2.2 you acknowledge and agree that the Study Device:

(a) remains the property of Evinova, and you will (i) not sell the Study Device or use the Study Device as security for loan or other financial obligation, and (ii) promptly return the Study Device to your Investigator or Evinova upon either's request;

(b) is not intended to be a substitute for any telephone, mobile or other communications service; and

(c) may have its functionality limited and/or disabled;

12.2.3 you will take reasonable precautions to keep the Study Device secure and in your possession, and will promptly notify your Investigator if the Study Device is lost, damaged or stolen; and

12.2.4 except as set out in clauses 13.2 and 13.4, you acknowledge and agree that Evinova has no liability or responsibility to you in respect of loss of or damage to the Study Device, or loss or damage caused by or related to the Study Device.

12.3 Manufacturers of third party devices may require you to read or consent to their terms of service, privacy policy or other user agreements and they may prevent you from connecting their device to the Unified Trial Solution without first consenting to those agreements. By using the Unified Trial Solution and/or any Study Device, you agree to comply with those terms, privacy policies and other user agreements to the extent permissible under applicable law.

13. LIMITATION OF LIABILITY

13.1 Nothing in this Agreement shall limit or exclude any liability that, under applicable law, cannot be limited or excluded, including liability for death or personal injury caused by Evinova's negligence.

13.2 If Evinova fails to comply with this Agreement, Evinova shall be responsible for loss or damage you suffer that is a reasonably foreseeable result of Evinova breaching this contract or Evinova failing to use reasonable care and skill. Loss or damage is likely foreseeable if either it is obvious that it will happen or if, at the time the contract was made, both Evinova and you knew it might happen.

13.3 You agree not to use the Unified Trial Solution for any purposes not permitted by this Agreement. Evinova has no liability to you for any loss of profit, loss of goodwill, loss of business opportunity or revenue, or loss of anticipated savings. Nothing in this Agreement shall affect the Study Sponsor's obligation to you to compensate for injury or harm caused by use of the Unified Trial Solution or Study Device for the purposes of the Study in accordance with the Informed Consent Form.

13.4 Evinova is not liable or responsible for any failure to perform, or delay in performance of, any of Evinova's obligations that is caused by events outside our reasonable control, including events caused by your acts or omissions.

14. UPDATES TO THE UNIFIED TRIAL SOLUTIONS AND RESTRICTIONS ON FEATURES

14.1 From time to time Evinova may automatically update the Unified Trial Solution for various reasons, including to implement changes as required in the conduct of the Study, improve performance, enhance functionality, reflect changes to the operating system or address security issues. Alternatively, Evinova may ask you to update the App for these reasons. If you choose not to install such updates or if you opt out of automatic updates you may not be able to continue using the App.

14.2 In order to use the App, you may need to ensure that the operating system of your device is up to date. The App will work with the current version of Android and iOS operating systems (as it may be updated from time to time) and the version immediately prior to the current version.

15. ENDING OR SUSPENDING USE OF THE UNIFIED TRIAL SOLUTION

15.1 You may end your use of the Unified Trial Solution by contacting the Investigator. If your use of the Unified Trial Solution is required for the Study, the Investigator may ask you to follow the procedures for quitting the Study outlined in the Informed Consent Form. If your use of the Unified Trial Solution is not required for the Study, this will not necessarily affect your ability to continue in the Study, but you should speak with your Investigator about whether this is possible.

15.2 Evinova may:

15.2.1 from time to time, suspend or restrict access to certain features, functions or to content of, or services accessible through, the Unified Trial Solution; or

15.2.2 at any time, end or suspend your rights to use the Unified Trial Solution,

if (i) Evinova believes that your access is causing a security threat to Evinova's systems, or the systems of any of Evinova's partners or customers; (ii) you are misusing the Unified Trial Solution or breaching this Agreement; or (iii) Evinova is required under law to suspend or terminate, or a regulatory authority or the Study Sponsor (or the CRO on behalf of the Study Sponsor) has requested that Evinova suspends or terminates, access to the Unified Trial Solution, provided that, in each case, Evinova only suspends or restricts your access or rights to use the Unified Trial Solution in accordance with the Informed Consent Form and otherwise to the extent permitted by applicable law. If your use of the Unified Trial Solution is not required for the Study, this will not necessarily affect your ability to continue in the Study, but you should speak with your Investigator about whether this is possible.

15.3 If your use of the Unified Trial Solution is ended:

15.3.1 you must stop using the Unified Trial Solution immediately;

15.3.2 where applicable, you must delete or remove the App from your device, or Evinova's contractors may remotely access a Study Device to remove the App from it;

15.3.3 Evinova will stop your access to the Unified Trial Solution;

15.3.4 where applicable, you will return any Study Device to your Investigator (or to such other person as directed by your Investigator);

15.3.5 the User Content will continue to be shared with and used by the Study Sponsor and CRO in accordance with clauses 7.1.1 and 7.1.2 and the Informed Consent Form; and

15.3.6 subject to any rights you may have under applicable data protection law and the Privacy Policy, the Usage Data will continue to be used by Evinova in accordance with clause 7.2.

16. GENERAL

16.1 Evinova may transfer its rights and obligations under the terms of this Agreement to another organisation. Evinova will always tell you in writing if this happens and will ensure that the transfer will not affect your rights in the Study and under the terms of this Agreement. You may only transfer your rights or your obligations under the terms of this Agreement to another person with the prior written consent of Evinova.

16.2 This Agreement is between you and Evinova and it does not apply to any other person. Only you can take legal action in respect of this Agreement unless you are a carer or legal guardian acting on behalf of the Patient with legal authority.

16.3 Each of the clauses of the terms of this Agreement operates separately. To the extent any court or relevant authority finds any of them unlawful and/or unenforceable, the remaining clauses will remain in full force and effect.

16.4 Even if Evinova delays in enforcing this Agreement, it can still enforce it later. If Evinova does not insist immediately that you do anything you are required to do under the terms of this Agreement, or if Evinova delays in taking steps against you in respect of breaching this Agreement, that will not mean that you do not have to do those and it will not prevent Evinova taking steps against you at a later date.

16.5 This Agreement (and any disputes or claims arising out of or in connection with this Agreement or the App, Web Portal or Unified Trial Solution, including non-contractual disputes or claims) is governed by English law, without prejudice to mandatory local provisions in the country in which you live. You can bring legal proceedings in the English courts (or if you live in a country in the European Union, then in the courts of the country in which you live).

17. APP STORE TERMS

17.1 Evinova licenses use of the App to you on the basis of these terms and subject to any rules or policies applied by any app store provider or operator from whose site the App has been downloaded.

17.2 If the App is made available using the iOS operating system or has been downloaded from the Apple, Inc. ("**Apple**") app store ("**Apple App Store**") then:

17.2.1 You and Evinova acknowledge and agree that this Agreement is solely between you and Evinova, not Apple and that Apple has no responsibility for the App.

17.2.2 Your use of the App must comply with the terms of service of the Apple App Store.

17.2.3 The licence granted to you by Evinova under clause 6.1 permits you to use the App on any Apple-branded product that you own or control as permitted by the "Usage Rules" set out in the "Apple Media Services Terms and Conditions".

17.2.4 Evinova is solely responsible for providing any applicable maintenance and support services in relation to the App. You acknowledge that Apple has no obligation whatsoever to provide any maintenance and support services with respect to the App.

17.2.5 In the event of any failure of the App to conform to any applicable warranty, you may notify Apple, and Apple will refund any applicable purchase price for the App to you. To the maximum extent permitted by applicable law, Apple will have no other warranty obligation whatsoever with respect to the App, and any other claims, losses, liabilities, damages, costs or expenses attributable to any failure to conform to any warranty will be solely governed by this Agreement and any law applicable to Evinova as provider of the App.

17.2.6 You and Evinova acknowledge that Apple is not responsible for addressing any claims of you or any third party relating to the App or your possession and/or use of the App, including, but not limited to: (i) product liability claims, (ii) any claim that the App fails to conform to any applicable legal or regulatory requirement, and (iii) claims arising under consumer protection or similar legislation. All such claims are governed solely by this Agreement and any law applicable to Evinova as provider of the App.

17.2.7 You and Evinova acknowledge that, in the event of any third-party claim that the App or your possession and use of that App infringes that third party's intellectual property rights, Evinova, not Apple, will be solely responsible for the investigation, defence, settlement and discharge of any such intellectual property infringement claim to the extent required by this Agreement.

17.2.8 You must comply with any applicable third-party terms of use when you are using the App.

17.2.9 You and Evinova acknowledge and agree that Apple, and Apple's subsidiaries, are third party beneficiaries of this Agreement as relates to your license of the App, and that, upon your acceptance of the terms of this Agreement, Apple will have the right (and will be deemed to have accepted the right) to enforce this Agreement as relates to your license of the App against you as a third party beneficiary thereof.

17.2.10 You represent and warrant that (i) you are not located in a country that is subject to a U.S. Government embargo, or that has been designated by the U.S. Government as a “terrorist supporting” country, and (ii) you are not listed on any U.S. Government list of prohibited or restricted parties.

Version 1.0

8.2 Privacy

How we will use your data to ensure effective engagement with you

The DPS Unify™ mobile application have been developed and is managed by AstraZeneca UK Ltd, a private limited company registered in England and Wales under company number 03674842 with registered offices at 1 Francis Crick Avenue, Cambridge Biomedical Campus, Cambridge, CB2 0AA ("AstraZeneca").

AstraZeneca will collect and use some of your personal data that we obtain from you and your healthcare professional via the DPS Unify™ mobile application for the purposes of onboard patients to clinical trials and allow for ways to contact between HCP and Patients when necessary.

The DPS Unify™ mobile application also deliver an optimal clinical trial experience for each individual patient, healthcare professionals and AstraZeneca staff. It will also create a single interface and experience for investigators by aggregating all features and functionality related to site, trial and patient administration/management into one unified platform.

We will use your personal data based on AstraZeneca's legal requirements that cover the conduct of clinical studies and public interest.

What personal information will be collected

We may process the following categories of data which will be provided by you or your healthcare professional: Personal characteristics (such as date of birth), Personal Contact Details (such as email address, phone number, preferred language and country), System User details (such as patient eCode, UserID and password), information about your participation in clinical trials and non-interventional studies. Except for your personal contact details, all other personal data will be coded. We do this replacing your name/contact details with a code. This is done by the study doctor who keeps the link between your name/contact details and the code to ensure your safety and confidentiality.

Coded information cannot directly identify you unless your study doctor provides your name or contact details, where allowed by applicable law.

Sharing your information

Only your healthcare professional and staff working at the hospital and minimum IT support personnel from both AstraZeneca and its trusted third parties will have access to data that personally identifies you. Any other parties will only have access to coded data so that you cannot be personally identified.

Your personal information may be shared with other AstraZeneca group companies (<https://www.astrazeneca.com/global/en/AstraZeneca-Websites.html>). We may also share your personal data with certain third parties, such as: IT providers for the purposes of operating, administering, supporting and managing the DPS Unify™ mobile application, companies that provide services to AstraZeneca to conduct the clinical studies, organisations which collaborates with AstraZeneca on the clinical trials, health authorities and ethics committees who supervise the study, who approve the commercialisation of the drug or who receive the adverse events reporting, auditors and consultants to verify our compliance with external and internal requirements; statutory bodies, law enforcement agencies and litigants, as per a legal reporting requirement or claim; and a successor or business partner to AstraZeneca or to an AstraZeneca group company in the event that it sells, divests or sets up a collaboration/joint venture for all or part of its business.

International Transfers

AstraZeneca entities and third parties may be based anywhere in the world, which could include countries that may not offer the same legal protections for personal data as your country of residence. AstraZeneca will follow local data protection requirements and its [internal global privacy standard](#) and will apply the necessary safeguards under the applicable law of the country transferring the data for such transfers. Irrespective of which country your Personal Data is transferred, We would only share your personal data under a strict 'need to know' basis and under appropriate contractual restrictions (such as AstraZeneca's [Binding Corporate Rules](#) and [EU Standard Contract Clauses](#) or equivalent instruments approved by the European Commission or by the Supervisory Authority). You are entitled to receive a copy of AstraZeneca's Binding Corporate Rules and/or the AstraZeneca's EU Standard Contract Clauses upon request by contacting AstraZeneca on Privacy@astrazeneca.com.

Retaining your information

Your contact details and other personal data that directly identify you will be retained in the DPS Unify™ mobile application only as necessary to deliver this service to you and to comply with applicable laws. If you are in an ongoing trial this information and your connection to your eCode will be removed a maximum of 4 weeks after the end of the trial. However, *the study site and AstraZeneca are obliged by law to keep your coded data such as your medication intake, how you take your medication, response to questionnaires, for a period of up to 15 years after the end of the study or for as long as it is necessary in order to satisfy our legitimate business interests, legal obligations, or in order to establish, exercise or defend legal claims. After that your coded data will be deleted or anonymized.* For more information on AstraZeneca internal Document Retention policy you may go to www.astrazenecapersonaldataretention.com.

Your rights

You can stop using the app at any time by telling your healthcare professional and uninstalling the app from your phone. Your profile and contact details will then be removed but any coded data will be retained as described under the headline "Retaining your information". You may contact your study doctor to request access to the data we hold about you, to correct any mistakes or to request deletion of the same. If such a request places AstraZeneca or its affiliates in breach of its obligations under applicable laws, regulations or codes of practice, then AstraZeneca may not be able to comply with your request but you may still be able to request that we block the use of your personal information for further processing. In breach of its obligations under applicable laws, regulations or codes of practice, then AstraZeneca may not be able to comply with your request but you may still be able to request that we block the use of your personal information for further processing. You may also have a right to data portability to another Data Controller under certain circumstances.

How your information will be protected

AstraZeneca has assigned a Data Protection Officer responsible for overseeing AstraZeneca's compliance with EU data protection law, which you may contact at Privacy@astrazeneca.com in case of any questions or concerns regarding the processing of your personal data. If AstraZeneca's processing of your personal data is covered by EU law you may also lodge a complaint with the corresponding Data Protection Supervisory Authority in your country of residence. You can find the relevant Supervisory Authority name and contact details under http://ec.europa.eu/justice/data-protection/bodies/authorities/index_en.htm.

Version 1.1

8.3 Visit Descriptions

Not Available

8.4 Frequently Asked Questions

Account Access

Question	Answer
Can a family member use the app for me?	Unify is designed to be used by the participants of this particular study. If you are a parent or caring for a participant of this trial and the Unify app is on your device, then you may use specific features of the app as instructed by the study doctor.
Do I need to log out of the app?	You can log out of the app at any time but it's better if you do not log out. Unify works best when you stay logged in and it can send you reminders for important activities.

Activity Help

Question	Answer
How do I submit questionnaire responses if I'm not connected to the internet?	You can finish your responses offline and they will be submitted once you're back online.

Using Unify

Question	Answer
How do I keep track of my study activities?	The Unify Home screen is designed to quickly inform you of current and upcoming activities.
How do I use the app?	Please refer to the Unify 'How-to' guides under Profile > Technical Support > FAQs > Using Unify
What if I have technical problems?	If you continue to have technical issues and cannot find answers to your questions. Please contact Technical Support under the Profile tab > Technical Support > Contact Technical Support. If you have any health concerns please contact your study doctor.
What do I do with provided devices and the app when the study ends?	Please bring your device to the final visit.
Is my data private?	Yes, please review the privacy policy and EULA under Profile > Terms and Conditions.
Who do I contact if I have technical problems with my phone?	Contact Technical Support under the Profile tab > Technical Support > Contact Technical Support
What should I do when my participation in the study has ended?	If you are using your own phone you can simply delete the app. If you are using a provisioned phone, please return it to your study doctor.

8.5 Study Information Questions

Questionnaire Help

Question	Answer
Do I need to complete the symptoms tracker daily?	Yes, you have until the end of the day (23:59h or 11:59 pm) to complete the symptoms tracker. Please, be aware that it will take a few minutes to complete, therefore we recommend you to not start at 11:59 pm.
I forgot to complete the daily symptoms tracker. What do I do?	The daily symptom trackers is available on the Unify app every day from 00:00 to 11:59 PM. If it is midnight or later and you forgot to complete the daily symptom trackers, please make sure you complete them for the rest of the week. The daily questionnaires help us understand how your symptoms change from day to day, so it is very important to answer them every day.

Call your doctor

Question	Answer
My app told me to contact my doctor right away but their office is closed?	It is important to reach out to your doctor promptly if you begin to feel unwell during the study. However, if your doctor is unavailable at this time, please contact them as soon as possible. If there is an emergency, please go to your local emergency department.

8.6 Articles

GI RPM: Dehydration v2



Dehydration

Among other things, repeated vomiting and diarrhoea can cause your body to lose water and important salts. These tips could help you stay hydrated.

Look out for signs of dehydration



- Your urine being darker than usual
- Urinating less often than usual
- A fluttering feeling in your chest. This might be a sign that your heart rate is getting faster
- Headaches
- Feeling light-headed or dizzy

Drink clear liquids Aim to drink at least **8 glasses (2 litres)** of clear liquid each day.



If you are struggling to drink a lot, take **small sips** throughout the day. It may help to keep a **reusable water bottle** with you so that you can keep refilling it.

You don't just have to drink water. Coconut water, sports drinks or juice will all keep your fluid levels up. Drinks can also be hot or cold.

But be aware that some drinks can make dehydration worse:

- **Caffeine** can make you more dehydrated, so it's better to have caffeine-free versions of tea and coffee
- **Alcoholic drinks** can also dehydrate you
- **Citrus drinks**, like orange and grapefruit juice, are acidic. They can irritate your stomach and make other symptoms worse

If strong smells are bothering you, try keeping your drinks ice cold.

Replace sugars and salts

Caffeine-free sports drinks, coconut water, drinks with electrolytes or diluted, pulp-free fruit juice (but not apple or prune juice) can help replace **sugars** and **salts** that your body has lost.

In addition to drinking plenty of clear liquid, **fruits and vegetables** containing lots of fluid – like lettuce, watermelon and cucumber – can help keep you hydrated. Making smoothies with fruit and vegetables is another way to take in extra fluids.

Your doctor may also recommend an **oral rehydration solution** if you are becoming dehydrated.

These tips are here to help you, but always remember to get in touch with a doctor if you need support with dehydration symptoms.

GI RPM: Difficulty eating or drinking v2



Difficulty eating or drinking

When you are having difficulty eating or drinking, following the suggestions below could help you stay hydrated and nourished.

Difficulty eating

If you're having difficulty with solid foods, try **eating little and often** rather than having large meals.

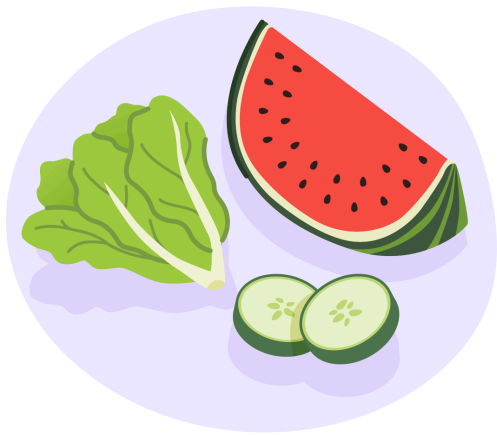
You can try replacing some meals with **high-energy** or **high-protein** liquids:

- **Milk** and **yoghurt-based** drinks are high in energy and protein. Cow's milk is a great source of energy and protein, but soy milk is a good alternative
- Make **milkshakes** at home by mixing milk with pureed fruit, fruit yoghurt or ice cream
- If you have a blender, turn the fruit or vegetables you like into **smoothies**. Try mixing soft fruits with milk or full-fat yoghurt and blend in nuts or seeds to add more calories
- **Blend** peanuts, cashew nuts and tofu into soups and sauces to add more calories

Your study team or dietician might recommend bottled or powdered **liquid food supplements** to help improve your energy and protein levels.

Difficulty drinking liquids

When you find it hard to drink, take **small sips** throughout the day. You could try sucking **ice** or ice gola to boost your fluid intake.



Eating **fruits** and **vegetables** that contain lots of fluid (like lettuce, watermelon and cucumber) can also help keep you hydrated.

Caffeine-free sports drinks, coconut water, drinks with electrolytes or diluted, pulp-free fruit juice (but not apple or prune juice) can help replace **sugars** and **salts** that your body has lost.

GI RPM: Change in appetite v2



Change in appetite

Sometimes, when you are unwell, your appetite can change. This can make it harder for your body to recover.

Here are some tips to help keep you well fuelled during treatment.

Eat little and often

Rather than eating large meals, create a routine with a few **small meals or snacks** throughout the day – every **2 hours** or so. You may also want to keep snacks nearby in case you get hungry.

A small snack just before you go to bed will boost your calories without affecting your appetite for your next meal.

Try to drink after you eat, or a while before you eat, so you don't feel too full of liquid.

Eat high-calorie, high-protein foods

When you do eat, **high-calorie** and **high-protein** foods will help give you the energy you need.

For **protein**, have: • Meat, poultry and fish, or alternatives like tofu • Dairy, including cheese and yoghurt • Beans and lentils • Eggs • Nuts and nut butters

You can add **calories** to your food with:

• Butter or oils • Melted cheese or mayonnaise • Honey or sugar • Dried fruit, seeds and nuts • Cream or ice cream

Dairy-free or plant-based options of these foods will work just as well.

Use full-fat products instead of lower-fat versions.

Change how you eat

Your **environment** when you eat can impact your appetite. At mealtimes, try:

• Putting food on smaller plates • Creating a relaxed atmosphere with gentle music • Choosing foods with a variety of colours and textures • Avoiding strong smells

Try gentle exercise



If you can, and your doctor agrees, doing exercise might help to increase your appetite.

Start gently, with short walks or activities around the house like gardening, yoga or light stretching.

Check with your study nurse or doctor

Before making any significant changes to your diet, speak to your study nurse or doctor to check this won't interfere with your treatment. For example, it might be important that you eat before taking certain types of medication.

These tips are here to help you, but always get in touch with your study nurse or doctor straight away if you:

• Can't eat at all for a couple of days • Notice you have lost weight • Can't drink or keep down liquids

GI RPM: Nausea v2



Nausea

Nausea can impact your daily life, so here are some tips to help you deal with this unpleasant symptom.

Calm your stomach

Ginger and **peppermint** teas are a good option for settling your stomach. In moderation, carbonated drinks and drinks with sugar in them can also help, so you could try **soda** or **ginger ale**.

To stay hydrated without making your nausea worse, take small sips throughout the day.

If strong smells are making your nausea worse, you could try eating food cold or at room temperature and having ice-cold drinks.

Eat little and often

Having an empty stomach can make nausea worse. This is why it's important not to **skip a meal** unless you have vomited, even if it feels like you don't want to eat. Rather than having 3 large meals, you might feel better having **5 or 6 smaller meals or snacks** throughout the day.

The following tips may also help:

- **Take time to rest**, especially after you eat
- Eat **slowly**
- **Sit upright**, or lie with your head raised, for at least 1 hour after eating
- Eat a few hours **before your treatment**
- After treatment, wait 1 hour before eating again (unless told otherwise)
- Don't brush your teeth right after eating

Eat simple, plain food

The BRAT diet is good for keeping energy levels high without making your stomach work too hard.

- **B** – Bananas (ripe)
- **R** – Rice (white)
- **A** – Apple sauce
- **T** – Toast (white bread)



Here are some other foods that are easy on the stomach:

- Boiled or baked meat, fish, poultry, eggs and tofu
- Plain crackers, bread, pretzels and bagels
- Baked, boiled or mashed potatoes
- Plain noodles
- Sorbet and ice gola

In the morning, try to have a small, plain snack (like crackers) before you get out of bed. At night, try a high-protein snack (like lean meat or nuts) before you go to bed.

Avoid rich, fatty food

It's best to avoid **fatty** and **fried** food (like doughnuts and fries), and **spicy** food (like curry).

Food with **strong smells** (like onions and garlic) can also be quite **rich** and can **upset your stomach** or make your symptoms worse.

Avoid your favourite foods if you're feeling nauseous so you don't link them to this unpleasant feeling.

Try relaxation techniques

Relaxation exercises like deep breathing, meditation and praying, or quiet activities like reading or listening to music can help you relax. This can help with symptoms like nausea. Your study nurse or doctor may be able to provide advice on relaxation and other complementary therapies like acupuncture and hypnotherapy.

These tips are here to help you, but always get in touch with your study nurse or doctor straight away if your nausea gets worse.

Gi RPM: Vomiting v2



Vomiting

When you have been vomiting, the following tips might help you feel better and reduce how often you vomit.

Rest after vomiting

To help you recover after vomiting, rest for a while by sitting up or leaning forward. If you need to lie down, lie on your side so you don't choke if you vomit again. While it may seem difficult, it's good to introduce liquids and food slowly after you've stopped vomiting. Here are some step-by-step tips on how to do this.

Step 1: start to drink clear liquids slowly, throughout the day

After vomiting, **rinse your mouth** to help remove the bad taste. Then slowly start to drink clear liquids like water, sports drinks, drinks with electrolytes or coconut water – gradually increasing the amount.

Step 2: try liquid food first

Once you can drink clear liquids comfortably, start replacing them with smooth (blended or strained) soups, milkshakes and smoothies to get your energy levels back up. Sucking on mints or lemon drops could help remove any bad taste.

Step 3: try to introduce solid food

Eat little and often

Wait for about 6 hours after you vomit before eating any solid food. When you start eating again, eat 5 or 6 small meals each day rather than 3 large ones.

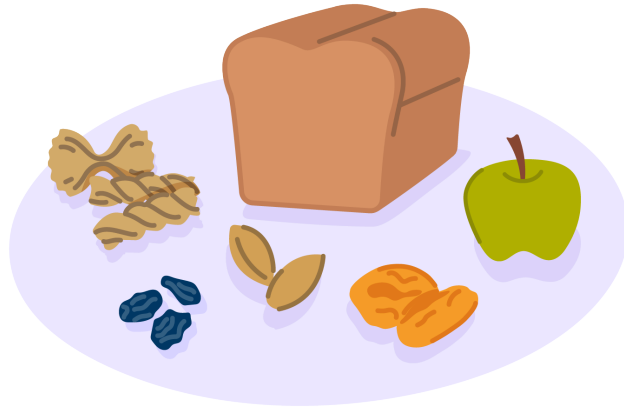
Eat simple, plain foods

When you're feeling ready, try eating foods that are easy on your stomach, like crackers, toast, potatoes without skin, white bread, white rice, plain white pasta and well-cooked vegetables.

These tips are here to help you, but always get in touch with your study nurse or doctor straight away if any of the following apply:

- You vomit and have diarrhoea on the same day
- You vomit for more than 1 day without your symptoms improving
- You have blood in your vomit
- You notice any dark-brown, grainy material that looks like coffee grounds in your vomit
- You notice a strong green or yellow colour in your vomit
- You are vomiting and have abdominal (tummy) pains or cramps

GI RPM: Constipation v2



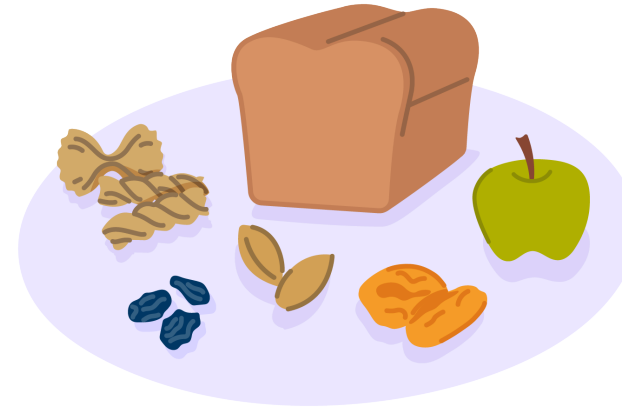
Constipation

It can be uncomfortable if you are struggling to pass stools. These tips could help get things moving again.

Eat more fibre

If you also have diarrhoea, please speak to your doctor before changing your diet, as adding fibre (especially insoluble fibre) to help with your constipation could make your diarrhoea worse.

Foods high in fibre can help soften and bulk up your stool to ease constipation. Eating these foods will help keep things moving quickly and easily through your digestive system. Try eating wholegrain foods, fresh or dried fruits, fresh vegetables or seeds and nuts.



Suddenly changing your diet to include more fibre can cause bloating and gas, so **start slowly** and introduce it gradually. **Also drink more fluids** because fibre absorbs water, which can leave you dehydrated.

Pulses can help, but avoid these if you are feeling bloated, as they can also give you gas.

Stay hydrated

Constipation can be a sign that you're **dehydrated**. It's important to drink at least **8 glasses (2 litres) of liquid** every day if you can but pay even more attention to this if you are constipated.



Pasteurised fruit juice or **hot drinks**, like hot water with lemon, might even help to start a bowel movement.

Get into a routine

Create a routine for your meals and trips to the bathroom. Keeping these at the **same time** each day can help with regular bowel movements, which can help prevent constipation or stop it getting worse.

Try gentle exercise



If you can, and your doctor agrees, doing exercise might help to ease your constipation.

Start gently, with short walks, yoga, light stretching or activities around the house like gardening.

Go when you need to go

If you feel a **sudden need** to go to the bathroom, go as soon as you can. Delaying a bowel movement can make constipation worse. When you are in the bathroom:

- Lean forward and rest your elbows on your thighs, or rest your feet on a small stool and raise your knees above your hips
- Take time to have a bowel movement, without distractions or feeling rushed
- Try not to strain, as this can damage the area around your anus

These tips are here to help you, but always remember to get in touch with a doctor straight away if any of the following apply:

- You have constipation and diarrhoea on the same day
- You have not passed a stool for more than 3 days
- There is blood in your stool, or you have unusually dark or black stools

Gi RPM: Diarrhoea v2



Diarrhoea

Here are some tips for keeping well when you have diarrhoea, plus things you can do that may help you recover from it.

Drink clear liquids

The most important thing to do if you have diarrhoea is **stay hydrated**. Try to have **1 extra glass** of clear liquid each time you have a loose stool.

Replace sugars and salts

Caffeine-free sports drinks, coconut water, drinks with electrolytes or diluted, pulp-free fruit juice (but not apple or prune juice) can help replace **sugars** and **salts** that your body has lost. Your doctor may also recommend an **oral rehydration solution**.

Eat little and often

Once you have let your stomach rest and recover, start to eat **5 or 6 small, light meals** throughout the day. Eat **slowly** so that your stomach has time to prepare and digest everything.

Eat simple, plain foods

When you feel ready to eat, you could try foods that are high in: • **Protein**, like lean, skinless meat and fish, eggs or tofu • **Sodium**, like salted crackers or pretzels • **Potassium**, like ripe bananas, skinless chicken and peeled, boiled potatoes

The **BRAT** diet is good for keeping **energy levels** high without making your stomach work too hard.

• **B** – Bananas (ripe) • **R** – Rice (white) • **A** – Apple sauce • **T** – Toast (white bread)

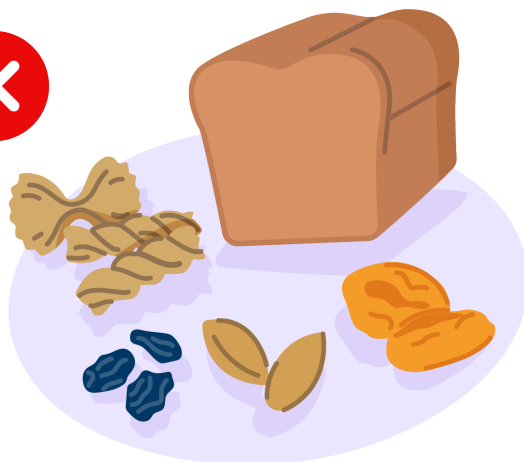
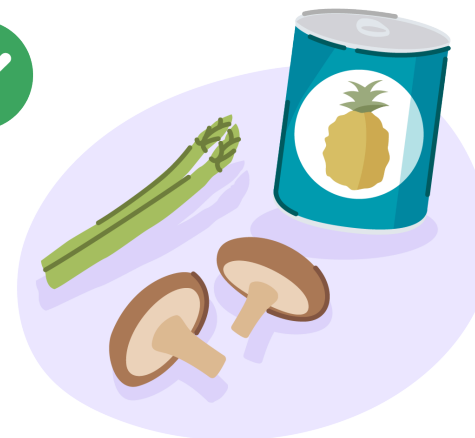


Avoid wholegrain food

Wholegrain foods have a type of fibre (roughage) which is difficult to break down.

Avoid: • Wholegrain foods (brown bread, wholewheat pasta and brown or wild rice) • Dried fruit such as figs, prunes, dates, raisins and sultanas • Nuts and nut butters • Legumes (like lentils, beans and peas) and vegetables (like broccoli, cabbage and corn)

Instead eat: • White bread, plain white pasta and white rice • Tinned fruits and ripe bananas • Mushrooms, asparagus, squash and carrots



Other foods that can make diarrhoea worse:

- **Artificial sweetener** in 'sugar-free' products can act as a laxative
- **Greasy, fatty, spicy** and **pickled foods** can irritate your stomach
- **Caffeine** can make you more dehydrated, so try caffeine-free versions of tea and coffee
- Some treatments can make you **lactose intolerant**, causing diarrhoea when you eat dairy products. Your study nurse or doctor will be able to tell you if this is the case with your treatment

Very hot or very cold food or drink can make diarrhoea worse.

Try to have your food and drink at room temperature instead.

Keep comfortable

After using the toilet, **wash and clean** the area around your anus using soft, damp toilet paper or cotton balls. Don't rub it dry, as this can damage your skin. If it hurts, try sitting in a shallow, warm (not hot) bath. Your doctor might recommend a cream or ointment if the skin is sore or broken.

Try to stay comfortable. **Loose** trousers and loose cotton underwear should help. If you are **leaving home**, take a change of clothes as well as some hand sanitiser and wet wipes, just in case.

Blood in your stool

Blood in your stool can be a sign that there is something else wrong, and you should see a doctor straight away. However, it isn't always easy to tell if there is blood. Often, it isn't bright red like you may expect (although it can be), but instead it causes your stool to be darker. If your stool is a lot **darker** than usual, especially if it is **black** and **looks like tar**, please contact your doctor.

These tips are here to help you, but always remember to get in touch with a doctor straight away if any of the following apply:

- You experience diarrhoea and vomiting on the same day
- You have diarrhoea and constipation on the same day
- You have diarrhoea for more than 1 day without your symptoms getting better
- You have diarrhoea and abdominal (tummy) pain or cramping
- There is blood in your stool, or you have unusually dark or black stools
- You have stools that smell much worse than usual
- You have loose stools during the night

8.7 Out of App Notifications

Header	Body
Unify	Please complete your study activities for today. Tap to go to the Unify app.

8.8 Home Cards

Questionnaire Home Cards

ePRO ID	Category	Header	Text	Icon	Due headers
gi_rpm_digestive_symptoms_v2_0_unify_v1_1	Tracker	Share your digestive symptoms	Recognise, track and learn how to cope with your symptoms.		Date / Due
eq5d5l_ab02_unify_v1_0	Questionnaire	Complete your EQ-5D-5L Questionnaire	Please complete your EQ-5D-5L Questionnaire		Date / Due
pgic_healthstatus_first_medication_7r_unify_v1_0	Questionnaire	Complete your PGIC Questionnaire	Please complete your PGIC Questionnaire		Date / Due
pgis4p_cancer_v1_1_unify_v2_0	Questionnaire	Complete PGIS Questionnaire	Please complete your PGIS Questionnaire		Date / Due
eortc_il172_v3_0_unify_v1_0	Questionnaire	Complete your EORTC IL172 Questionnaire	Please complete your EORTC IL172 Questionnaire		Date / Due
promis_sf_v2_0_unify_v1_0	Questionnaire	Complete PROMIS questionnaire	Please complete your PROMIS questionnaire		Date / Due
pgitt_v1_0_unify_v1_0	Questionnaire	Complete PGI-TT questionnaire	Please complete your PGI-TT questionnaire		Date / Due
eortc_il444_v1_0_unify_v1_0	Questionnaire	Complete your EORTC IL444 Questionnaire	Please complete your EORTC IL444 Questionnaire		Date / Due
eortc_il445_v1_0_unify_v1_0	Questionnaire	Complete your EORTC IL445 Questionnaire	Please complete your EORTC IL445 Questionnaire		Date / Due

ePRO ID	Category	Header	Text	Icon	Due headers
eortc_il446_v1_0_unify_v1_0	Questionnaire	Complete your EORTC IL446 Questionnaire	Please complete your EORTC IL446 Questionnaire		Date / Due
QUESTIONNAIRE_TRAINING_V1	Learning	Complete your training on questionnaires	Please complete your training on questionnaires		Date / Due

The date and time are set dynamically.

Device Pairing Home Cards

Not Available

8.9 Coping Tips

Nutrition - Routine change



NUTRITION

Eat little and often

It is better to eat a few small meals or snacks throughout the day instead of large meals. This will reduce strain on your stomach.

Allow time for food to digest by leaving at least **2 hours between meals** .



NUTRITION

Change how you eat

Your environment when you eat can impact your appetite. Where possible at mealtimes, try:

- Putting food on smaller plates
- Creating a relaxed atmosphere
- Choosing foods with a variety of colours and textures
- Avoiding strong smells



NUTRITION

Keep your energy up

When you are finding it hard to eat solid food, try **replacing some meals** with high-energy, high-protein liquids or shakes. This is a great way to ensure that you stay well nourished.

Your study nurse or doctor might recommend bottled or powdered **liquid food supplements** to help improve your energy and protein levels.

GI RPM Education - Call the doctor



EDUCATION

Signs to look out for

Some symptoms can be a sign of a developing health issue. Look out for:

- Constipation and diarrhoea on the same day
- Not passing a stool for 3 or more days
- Blood in your stool, or you have unusually dark or black stools
- Blood in your vomit, which may look like coffee grounds
- Fever



EDUCATION

Don't ignore the signs

These signs are your body saying something is not right with your stomach and gut (digestive system).

If these are not properly assessed by a doctor, they could become worse.



EDUCATION

Know when to call

If you spot any of these symptoms, call your study nurse or doctor straight away or **seek medical help** at A&E, as these are symptoms that you cannot manage at home.

Hydration - Stay hydrated



HYDRATION

Stay hydrated

Drink at least **8 glasses (2 litres) of liquid** every day if you can. Drinking slowly may be easier than trying to drink a lot at once.

Avoid drinks with **caffeine** or **alcohol** , as these can dehydrate you.

Liquids like clear fruit juices, coconut water and sports drinks can help keep your **salt** and **sugar** levels up.



HYDRATION

Stay hydrated

If you start to get dehydrated, it can mean your body is losing **sugars** and **salts** as well as water. All 3 are important to make sure everything works properly in your body.

Keep your body in balance by drinking caffeine-free **sports drinks** , drinks with **electrolytes** or diluted, pulp-free **fruit juice** . These can help replace fluids, salts and sugars that your body may have lost.



HYDRATION

Signs of dehydration

Some symptoms can be a sign of dehydration. Talk to your study nurse or doctor if:

- Your urine is darker than usual
- You are urinating less often than usual
- You have a fluttering feeling in your chest. This might be a sign that your heart rate is getting faster
- You have headaches
- You feel light-headed or dizzy

Hydration - Get hydrated



HYDRATION

Avoid dehydration

Drink at least **8 glasses (2 litres) of liquid** every day if you can. Drinking slowly may be easier than trying to drink a lot at once. **Avoid** drinks with **caffeine** or **alcohol**, as these can dehydrate you.

Keep your body in balance by drinking caffeine-free **sports drinks**, drinks with **electrolytes** or diluted, pulp-free **fruit juice**. These can help replace fluids, salts and sugars that your body may have lost.



HYDRATION

Difficulty drinking liquids

When you find it hard to drink, take **small sips** throughout the day. You could try sucking ice or ice gola to boost your fluid intake.

Eating **fruits** and **vegetables** that contain lots of fluid (like lettuce, watermelon and cucumber) can also help keep you hydrated.



HYDRATION

Get rehydrated

When you start to get dehydrated, it can mean your body is losing **sugars** and **salts** as well as **water**. All three are important to make sure everything works properly in your body.

If you are having difficulty staying hydrated, **contact your study nurse or doctor**.

GI RPM Nutrition - Protein



NUTRITION

Eat more protein

When you are experiencing diarrhoea, **try eating high-calorie**, high-protein foods to give your body more energy. Good examples are:

- Chicken or turkey
- Beef
- Fish
- Eggs
- Tofu
- Vegan, plant-based meat substitutes



NUTRITION

Keep your energy up

When you are finding it hard to eat solid food, try **replacing some meals** with high-energy, high-protein liquids or shakes. This is a great way to ensure that you stay well nourished.

Your study nurse or doctor might recommend bottled or powdered **liquid food supplements** to help improve your energy and protein levels.



NUTRITION

Eat little and often

It is better to eat a few small meals or snacks throughout the day instead of large meals. This will reduce strain on your stomach.

Allow time for food to digest by leaving at least **2 hours between meals**.

Education - Blood in vomit



EDUCATION

Blood in your vomit

If there is blood in your vomit, you should call your study nurse or doctor straight away or **seek medical help** at ED.

This is a symptom that you cannot manage at home.



EDUCATION

Blood in your vomit

It isn't always easy to tell if there is blood in your vomit.

You may notice very small amounts or streaks of blood, which often isn't bright red like you may expect. Your vomit may look **dark brown** and **grainy**, like **coffee grounds**.



EDUCATION

Blood in your vomit

If you suspect there is blood in your vomit, but you are not sure, **still contact your study nurse or doctor straight away**, as this can be a sign of a problem with your digestive system.

GI RPM Nutrition - No fibre



NUTRITION

Eat simple, plain food

Eat a simple BRAT diet to keep up your energy levels without putting too much pressure on your stomach.

- B – bananas (ripe)
- R – rice (white)
- A – apple sauce
- T – toast (white bread)



NUTRITION

Avoid wholegrain food

Eat **white** bread, plain white pasta and white rice instead of the wholegrain versions. Wholegrain foods have a type of fibre (roughage) which is difficult to break down.

You should also avoid nuts and swap dried fruit for fresh and tinned alternatives.



NUTRITION

Avoid rich, fatty food

It's best to avoid **fatty** and **fried** food (like doughnuts and fries), **spicy** food (like curry) and food with **strong smells** (like onions and garlic).

These foods can be quite **rich**, which can **upset your stomach** or make your symptoms worse.

GI RPM Lifestyle - Hygiene



LIFESTYLE

Keep comfortable

After you have diarrhoea, **wash and clean** the area around your anus using soft, damp toilet paper or cotton wool balls. Don't rub it dry, as this can damage your skin.



LIFESTYLE

Sore or broken skin

If the skin around your anus becomes sore, try sitting in a shallow, warm (**not** hot) bath.

Your study nurse or doctor might recommend a cream or ointment if the skin is sore or broken.



LIFESTYLE

Keep comfortable

Wear loose, comfortable clothes and **avoid** nylon and polyester, as these can make you sweat and cause irritation.

If you are **leaving home**, you may want to take a change of clothes, some hand sanitiser and wet wipes.

Education - Blood in stool



EDUCATION

Blood in your stool

If you have blood in your stool, you should call your study nurse or doctor straight away or **seek medical help** at A&E.

This is a symptom that you cannot manage at home.



EDUCATION

Blood in your stool

It isn't always easy to tell if there is blood in your stool.

Often, it isn't bright red like you may expect. Your stool could be darker than usual, looking **black** or **like tar**.



EDUCATION

Blood in your stool

If you suspect there is blood in your stool, but you are not sure, **still contact your study nurse or doctor straight away** , as this can be a sign that something else is wrong.

GI RPM Nutrition - Fibre



NUTRITION

Eat more fibre

Eating food with lots of fibre will help keep your digestive system moving. Try eating wholegrain foods (like **brown** forms of bread, wholewheat pasta and brown or wild rice), dried fruits, seeds and nuts.

Suddenly changing your diet to include more fibre can cause bloating and gas, so start **slowly** and introduce it gradually.



NUTRITION

Try snacking

In the morning, try to have a small, plain snack (like crackers) as soon as you wake up.

Throughout the day, be sure to have small, high-energy snacks (like a granola bar).

At night, try a high-protein snack (like lean meat or nuts) before you go to bed.



NUTRITION

Avoid rich, fatty food

It's best to avoid **fatty** and **fried** food (like doughnuts and fries), **spicy** food (like curry) and food with **strong smells** (like onions and garlic).

These foods can be quite **rich**, which can **upset your stomach** or make your symptoms worse.

GI RPM Exercise - Exercise



EXERCISE

Try gentle exercise

If you feel well enough, talk to your study nurse or doctor about doing gentle exercise. This might help to increase your appetite.

Start gently, with short walks, yoga, light stretching or activities around the house like gardening.



EXERCISE

Plan your exercise

Exercise could be more fun with a friend or family member, or your caregiver.

Consider going to a park or an area with places to sit and rest if you need to take a break.



EXERCISE

Listen to your body

If you feel too tired, that is fine. Listen to your body and do what you feel is best.

Do not do too much, as this might impact your recovery. Even small amounts can make a difference in how you feel.