

Optional Test of Postprandial Responses to Low and High Glycemic Carb Diets

Why are we doing this test

The CARB Study is testing how carbohydrates and other food you eat over a four-week period affect biomarkers in your blood. We would also like to look at what happens to these biomarkers right after you eat a meal. Scientists call this “the postprandial period”.

We invite you to participate in this extra section of the study, which involves staying for 8 hours at the Prevention Center for a series of blood draws. This part of the CARB study is optional and you are welcome to consent to do the main CARB study and not consent to do the postprandial study. We are aiming to enroll 20 people in the postprandial study.

What we will ask you to do

On the last day (Day 29) of each feeding period we will ask you to stay for 8 more hours in the Prevention Center. After your Day 29 bloods are drawn, a small tube, called an intravenous catheter, will be placed in a vein in your arm so blood samples can be drawn easily and painlessly. This means you will have only one needle stick for the Postprandial Test.

You will be given breakfast and lunch using CARB study food (but the amounts may be different from those you received while on the feeding study). You will eat these meals at specific times. Both before and after each meal, small blood samples will be drawn from the tube in your arm. We will also ask you to complete several questionnaires during the day.

Over the 8 hours of the test, we will collect 16 small blood samples. Each sample will be about 6 ml (1 teaspoon) for a total of 96 ml (6 ½ tablespoons) per 8-hour test.

You will have access to a computer, a television and DVD player. Our building has wireless internet access. We also have a number of puzzles available. Our experience is that participants feel quite comfortable. They have worked on laptops, handwritten papers and done other tasks with no inconvenience.

The test schedule looks like this: (example)

Day 29 Clinic	Drop off urine and optional stool collections
7:00 am	Measure weight, blood pressure and pulse
	Day 29 blood draw
	Place intravenous catheter in arm
7:30 am	Begin eating breakfast (15 minutes)
7:45 am	Finish eating breakfast

Begin 8-hour test.

Blood sampling begins 15 minutes after you finish eating breakfast

<u>Minutes</u>	<u>Time</u>	
15	8:00 am	every 15 minutes for the first hour,
30	8:15 am	every 15 minutes,
45	8:30 am	every 15 minutes,
60	8:45 am	every 15 minutes.
90	9:15 am	every 30 minutes for the next hour,
120	9:45 am	every 30 minutes.
180	10:45 am	every 60 minutes for the next 2 hours.
240	11:45 pm	every 60 minutes. Eat lunch

Blood sampling begins 15 minutes after you finish eating lunch

<u>Minutes</u>	<u>Time</u>	
255	12:00 pm	Finish eating lunch (15 minutes).
270	12:15 pm	every 15 minutes for the first hour,
285	12:30 pm	every 15 minutes,
300	12:45 pm	every 15 minutes,
315	1:00 pm	every 15 minutes.
345	1:30 pm	every 30 minutes for the next hour.
375	2:00 pm	every 30 minutes.
440	3:00 pm	every 60 minutes for the next 2 hours.
500	4:00 pm	every 60 minutes.

Remove catheter.

Other information:

You will receive a total of \$200.00 if you complete both 8-hour tests on Day 29 of each feeding period. If you only complete one test, you will receive \$75.00

Are there any other risks?

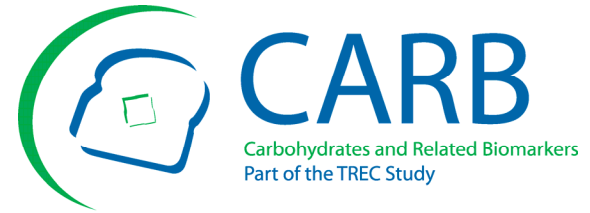
The risk of having an intravenous catheter includes minor bruising and tenderness at the insertion site, and rarely may lead to inflammation of the vein, and infection. All efforts will be made to minimize this risk.

Not sure if you want to do this extra test?

You don't have to give us an answer now. You can wait and tell us later, while you are eating the study diet. If you give us permission, we will talk to you during the first feeding period.

Possible Study Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1 1ST Diet		Day 1 Begin study	Day 2	Day 3	Day 4	Day 5	Day 6
Week 2 1st Diet	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Week 3 1st Diet	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Week 4 1st Diet	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27
Week 5 Diet/washout	Day 28	Day 29 Clinic and 8-hour Postprandial Test	WASHOUT PERIOD				
Week 6							
Week 7							
Week 8							
Week 9 2nd Diet		Day 1 Begin study	Day 2	Day 3	Day 4	Day 5	Day 6
Week 10 2nd Diet	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Week 11 2nd Diet	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Week 12 2nd Diet	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27
Week 13 2nd Diet	Day 28	Day 29 Clinic and 8-hour Postprandial test					



Optional Test:
**Postprandial Responses to
 Low and High Glycemic
 Carb Diets**

**Questions: Yvonne Schwarz
 (206) 667-7804
yschwarz@fhcrc.org**