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Participant Information Sheet

REC Ref No: 20/YH/0307

Pilot study to determine clinical efficacy of extracorporeal pelvic floor magnetic neuromuscular stimulation in patients with faecal incontinence

Chief Investigator: Dr Anthony Hobson

We would like to invite you to take part in our research study. Before you decide, you need to understand why the research is being done and what it would involve for you. One of our team will go through the information sheet with you and answer any questions you have. This should take about 10 minutes. Talk to others about the study if you wish. If you are taking part in any other study, you may not take part in this study.

Part 1 tells you the purpose of this study and what will happen to you if you take part. Part 2 gives you more detailed information about the conduct of the study. Ask us if there is anything that is not clear. Take time to decide whether or not you wish to take part.

Part 1

Why have I been invited?
You have been invited to participate in this study because you have been identified as a patient that suffers from faecal incontinence. The study will investigate the effect of a medical device called Pelvipower© on your faecal incontinence symptoms. You may therefore be suitable for this study.

How many people will take part?
This study has been designed to enrol at least 30 patients who complete the study. To get 30 completed patients, 36 suitable patients will be enrolled.

What is the purpose of the study?
Faecal incontinence (FI) is a common condition which drastically reduces patient's quality of life and for which there are few effective treatments. The causes of FI are multiple and include disturbances in neuromuscular function (and structure) of the anal canal, rectum and pelvic floor. If first line treatment with antidiarrheal or laxative therapy

fails, then it is common practice to employ biofeedback and physiotherapy techniques as second line conservative management strategies with the aim of improving muscle strength, sensory awareness and effective toileting technique, which in turn helps to reduce FI episodes. Whilst these techniques can be effective, a significant proportion of patients remain symptomatic and are then considered for potential surgical treatment.

Surgical treatment of FI can involve improving the structural integrity of the anal sphincter with a repair procedure, or via implantation of an electrical neurostimulator (sacral nerve stimulation – SNS). SNS has been shown to be effective in treating FI, but the procedure is invasive and expensive.

Percutaneous tibial stimulation (PTNS) is an intermediate treatment which involves stimulating the nerves on the top of the foot which project to the same spinal regions as those influenced through SNS. This requires patients to attend an outpatient clinic for up to 12 sessions, each lasting around 30-45 minutes. Stimulation is delivered via needle electrodes which connect to a stimulation device. A course of treatment costs approximately £2000 per patient for 1-year of treatment.

Whilst SNS and PTNS utilise electric neural stimulation, an alternative approach is through the use of magnetic stimulation as a way of activating neural pathways and inducing neuromuscular recovery. The technique is thought to work on the nerves and muscular structures in the anal canal. This technique has been employed in a broad range of disorders. Magnetic stimulation has some advantages as it can be delivered completely non-invasively using different sized magnetic coils placed over the region of interest.

Pelvipower (PonteMed AG, Switzerland) extracorporeal magnetic stimulation device built into a patient friendly chair, incorporating a rapid rate magnetic stimulation system through a stimulation coil. The coil can be used to non-invasively stimulate the nerves and muscles in the pelvic floor that contribute to continence, and it has several potential advantages over existing techniques in terms of cost and convenience, with 6-12 weekly 15 minute sessions currently normal practice. Pelvipower has been used successfully in patients with urinary incontinence, but thus far little research exists in terms of its effect in treating faecal incontinence. However, one study of extracorporeal magnetic stimulation applied via a similar chair apparatus demonstrated increased muscle function in the anal canal, as well as a significant decrease in faecal incontinence. Although faecal incontinence was shown to improve in participants, the study did not include a sham treatment comparison group. The aim of this study is to evaluate the effect of the extracorporeal magnetic stimulation on faecal incontinence, using the Pelvipower© chair compared to a sham treatment.

Do I have to take part?

No, the decision to participate is completely voluntary. If you wish to proceed, you will be required to sign a consent form to show you have agreed to take part, a copy of which you can keep. You are still free to withdraw at any time and without giving a reason. A decision not to take part or to withdraw will not affect the standard of care

you might receive in the future from the doctors or the clinic. If you want to stop being in the study, tell the study doctor or study staff.

If you agree, your primary physician will be informed about your participation in this study.

What does the study involve?
You will have received the Information Sheet and had a chance to think about its contents for at least 24 hours. The study involves twelve visits over a period of around 9 weeks. You will also be asked to complete some questionnaires 1 months, 3 months and 6 months after your final visit.

Enrolment into the study

You will either have shown interest through attending the Functional Gut Clinic or through advertisements for the study. Once you have reviewed the patient information for at least 24 hours you will be asked to answer some screening questions in order to check you are eligible to enter the study. These questions will include questions on your current symptoms, medical and recent drug history. If you are eligible and would like to be part of the study, you will then booked in for a screening visit at The Functional Gut Clinic in Manchester.

Study visits

Visit 1 (day -1) – 1 hour
You will attend the screening visit where you will have chance to ask any questions that you may have about the study. Following this, a member of the study team will check your eligibility again and if you are able and happy to take part you will be asked to sign three copies of the study consent forms. one copy is for you and the other two will be retained by us, one goes in your medical records and the other is kept in our clinic, in the study master file.

Once informed consent has been given, you will be asked some further questions about your medical history, have your height and weight measured and be given an incontinence diary for you to complete over the next 14 days. The diary will only take you 1 minute to complete at the end of each day. You will be asked to send the diary back to the study team once complete, to assess if you are still eligible following the completion of the diary. If you are still eligible, the study team will arrange the randomisation visit with you. You will be asked to discontinue loperamide for two days prior to the randomisation visit. You should be aware that during these two days, discontinuation of loperamide may cause worsening of your faecal incontinence. If you have any concerns the study team will be on hand to help you through this.

Visit 2 (day 15) – 2 hours

At the randomisation visit you will be allocated to the Pelvipower or Sham treatment group. You will not know which group you have been assigned to. One group will receive stimulation from the Pelvipower and the other will receive a fake stimulation. At this visit you will be required to complete four questionnaires about your symptoms. You will also undergo anorectal manometry and endoanal ultrasound; these are investigations to assess how well the muscles work in the back passage and to check if there is any damage to these muscles. Details of these tests can be found at the end of the participant information sheet. You will also be given another faecal incontinence diary to complete daily for the next 5 weeks.

Once you have completed the questionnaires and investigations you will receive your first treatment with the Pelvipower or the sham treatment. You will be checked each time you attend for a Pelvipower or sham treatment session that you are still eligible to have sessions and asked to inform the study team if you have any side effects from the sessions.

Visits 3-11 (days 16-50) – 30 minutes

Visits 3–11 will occur over the next 5 weeks, where will you attend twice a week for a treatment session of either Pelvipower or the sham treatment. During this period you will continue to complete your treatment period incontinence diary on a daily basis. This should only take a maximum of 1 minute at the end of each day. During visit 11 you will hand back your treatment period incontinence diary and be given a post treatment diary to complete over the next two weeks following competition of your treatment. You will be booked for your post-treatment visit (visit 12) two weeks after your last treatment session.

Visit 12 (day 64)

At this visit you will complete the four questionnaires you previously completed at visit 2 again. You will also undergo anorectal manometry again at this visit, so comparisons between the muscles before and after the treatment period can be made. This will be the last time you attend the clinic for a study visit.

Follow up phone calls (days 85, 141 & 225)

The four questionnaires you previously completed will be sent out via post for you to complete at 1 month, 3 months and 6 months post treatment period. You will receive a phone call to verify you have received these questionnaires.

Expenses and Payments

You will be paid £300.00 to compensate for your time and travel for the study if you complete the study. If you withdraw from the study at any point you will be paid a proportion of this sum relative to your time in the study.

What will I have to do?
Once you have read the Information Sheet and have decided you would like to participate, you will need to contact the study coordinator Sam Treadway, who would be happy to answer any further questions you might have. He can be contacted at 0161 302 777 or by email sam.treadway@thefunctionalgutclinic.com

He will ask you a few questions about your medical history to initially check if you may be eligible to take part. We will be able to tell you whether you can be included in the study and will make all the necessary arrangements for you to come to the clinic. Women who are pregnant will not be able to take part in this study. The study team must be told immediately if you become pregnant.

You must be willing to attend the scheduled visits, complete daily diary entries, and complete some questionnaires at study visits. It is also important that you tell the medical staff about any other medication you are taking before and during the study. You must also inform the study team if you have any surgical treatment, injury or new medical conditions diagnosed during the study.

What are the possible side effects, risks, and discomforts associated with the Pelvipower chair?

All participants will be screened for conditions or circumstances that would exclude them using the Pelvipower chair. Participants will not be allowed to proceed in the study if they have, or develop, any of the contraindications for using the Pelvipower chair.

The manufacturer has stated that over 95 % of patients report very slight or no side effects from the therapy. The therapy is very well tolerated. Patients frequently report of their surprise at noticing unexpectedly positive results. The following side effects have been reported as manifesting during treatment:

- SLIGHT MUSCLE ACHE - Some patients reported minor muscle ache after the first few sessions. This effect is because the pelvic floor had never been trained before. This is why it is important to select a low-intensity setting at the beginning to allow the musculature to adjust to the treatment.
- SEVERE MUSCLE ACHE - A small number of patients report severe muscle ache, either because they are very sensitive or very motivated and select a high training level too quickly. The intensity of training was adjusted to an excessive level in one such case.
- DIZZINESS - This side effect was observed primarily among patients at a very advanced age. RPMS therapy activates the entire circulatory system. Patients are advised to rest and remain seated in the therapy chair for around 5 minutes after treatment
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There are no known risks associated with the Sham treatment, however it is recommended that participants should consult their doctor before using the device if they are fitted with a cardiac pacemaker; has thromboses; has diabetes; are suffering from or

recovering from a serious illness or operation. Therefore to reduce any potential risk, if you suffer from any of the listed above, you will not be suitable for the study.

RISKS OF STUDY PROCEDURES

There are possible risks from procedures that occur as part of the study:

Anorectal Manometry and Endoanal Ultrasound: These two study procedures carry the same risks. In both investigations a small probe is passed into the back passage. You may experience some discomfort but this shouldn't be painful. There is a very rare risk of perforation of the rectum (<1:10000).

Questionnaires: Filling out the questionnaires could lead you to feel uncomfortable or upset. Please tell the study doctor or study staff if you feel uncomfortable or upset while filling out a questionnaire. You have the right to refuse to answer any questions.

Loss of Confidentiality: There is a risk of loss of confidentiality of your information that is used in this study. You will read more about the protection of your information later in this form. Please ask the study team if you would like to know more about how your information will be protected while you are in this study.

UNFORESEEN RISKS

It is possible that you could have problems and side effects of the Pelvipower chair that nobody knows about yet, which include your condition getting worse.

Ask the study doctor if you have questions about the signs or symptoms of any side effects that you read about in this consent form.

"ARE THERE RISKS IF I AM PREGNANT OR BECOME PREGNANT DURING THE STUDY?" If you are pregnant or breastfeeding, you cannot participate in this study.

Insurance/indemnity

Should any incident occur during your participation in the study, such as injury, you will be covered under the Functional Gut Clinic's indemnity policy

What are the possible benefits of taking part?

You may see benefit in the study treatment. However, this cannot be guaranteed. Your condition might not get better or may even get worse while you are in this study. The information we get from this study may help us to better manage patients suffering from faecal incontinence in the future.

What happens when the research study stops?
The results you and others provide will be analysed and published. You are welcome to see the final report of this research.

What if there is a problem?
Any complaint about the way you have been dealt with during the study, or any possible harm you might suffer, will be addressed. Detailed information on this is given in Part 2.

Will my taking part in the study be kept confidential?
Yes. We will follow all ethical and legal guidelines and all information about you will be handled in confidence. The details are included in Part 2.

This completes Part 1 of the Information Sheet. If the information in Part 1 has interested you and you are considering participation, please read the additional information in Part 2 before making any decision.

Part 2

What if relevant new information becomes available?
Any new important information that is discovered during the study and which may influence your willingness to continue participation in the study will be made available to you in a timely manner. You may be asked to sign a new consent form.

What will happen if I don't want to carry on with the study?
Withdrawal from this study will not affect how you are treated in the future by The Functional Gut Clinic.

What if there is a problem?
If you have a concern about any aspect of this study, you should ask to speak to Sam Treadway who will do his best to answer your questions (0161 302 7777). If you are unhappy with any aspect of the study and wish to complain formally, you can do this through The Functional Gut Clinics complaints process, and Amanda Barlow, registered manager will be happy to help (0161 302 7777).

What are the costs of taking part?

There will be no costs to you for participating in this study. Ask the study doctor or study staff if you have any questions.

What if I get sick while I am in this study?

If you suffer any side effect, get medical help right away. You should notify your study team immediately or as soon as possible so that you can be advised on appropriate medical treatment.

Will my taking part in this study by kept confidential?

If you join the study, some parts of your medical records (if there are any) and the data collected for the study will be looked at by authorised persons from the study team at The Functional Gut Clinic. They may also be looked at by representatives of regulatory authorities and by authorised people to check that the study is being carried out correctly. All will have a duty of confidentiality to you as a research participant and we will do our best to meet this duty. All information collected will be securely stored in a locked filing cabinet in The Functional Gut Clinic and participants will only be identified by a code number. Data generated by the study will never include your personal information and will be completely anonymous in any results or publications produced from the study.

Will my confidentiality ever be breached?

The only scenario in which confidentiality would be breached, would be if a safeguarding concern arises that would require us to follow appropriate procedures in order to protect you or remove you from an immediate threat to your health and wellbeing. Any safeguarding concern would be immediately reported to the safeguarding lead Dr Anthony Hobson (Chief Investigator) who would review the information and take action according The Functional Gut Clinic's safeguarding policy. This may include contacting your general practitioner, social services or the police depending on the safeguarding issue. For example, one of the study questionnaires used in this research asks about quality of life and mood. If it was highlighted on that questionnaire that there was an immediate risk of self harm or suicide to yourself, your GP would be informed through the appropriate channels in order to protect your well-being.

How will my personal data be used?

By signing the consent form, you authorize the Study coordinator and his or her staff to collect and use personal data about you for the study ("Study Data"). You must authorize this use and sharing of your information by signing this form or you cannot be in the study. This information includes your date of birth, your sex, your ethnic origin and personal data on your physical or mental health or condition. You may withdraw your authorization at any time by notifying the Study Team by writing a letter. If you withdraw your authorization, you will not be able to continue in the study.

If you cancel your authorization, the study doctor and study staff will still be able to use and share your information that they have already collected.

Data collected during the study will be retained for 10 years before it is destroyed.

The Study Data shared with the Sponsoring Company (The Functional Gut Clinic) is protected by the use of a code (the "Code"), which is a number specific to you. The Study co-ordinator is in control of the Code key, which is needed to connect Study Data to you. A person appointed by the MHRA or other regulatory authorities in the United Kingdom and other countries may review any Study Data held by the Study team.

The Study team will use the Study data to conduct the Study. The Sponsoring Company may use Study Data to conduct the Study and for research related to the development of pharmaceutical products, diagnostics or medical aids. The MHRA, other regulatory authorities and the Functional Gut Clinic may use Study Data to review the quality and safety of research.

The Study Centre are responsible for their handling of Study Data in accordance with applicable Data Protection law(s). The Functional Gut Clinic is responsible for your personal data and it shall remain confidential except when your data is shared as outlined in this form.

The Functional Gut Clinic may share Study Data with its service providers, its contractors and with research institutions and research based commercial organizations who will use Study Data only for the purposes of the study.

You have the right to request information about Study Data held by the Study Team. You also have the right to request that any inaccuracies in such data be corrected. If you wish to make a request, then please contact the Study Co-ordinator.

If you withdraw your consent, the Study Team will no longer use Study Data or share it with others.

Involvement of the General Practitioner/Family doctor (GP)
We will inform your General Practitioner about your participation in this study. If you do not want us to inform your GP, please let a member of the study team know.

What will happen to the results of the research study?
Results will not be available until the study has been completed and analysed. We intend to publish the results but no individual will be identified in any such publication. You are welcome to have access to the results and any subsequent publication when any of these are available.

Who is organising and funding the research?
The Functional Gut Clinic.

Who has reviewed this study?
All scientific research involving patients is looked at by an independent group of people called a Research Ethics Committee to protect your interests including safety, rights, wellbeing and dignity.

Further information and contact details

If you require any further information about the study, please feel free to contact Sam Treadway (0161 302 7777) who is co-ordinating this study.

Thank you for taking the time to read this information sheet.

Investigation information

Anorectal Manometry Patient information

What is Anorectal Manometry?

This is a test used to measure the strength of the muscles in your anal canal (back passage).

Why am I having this test?

You will have been sent for this test if you have been experiencing troublesome bowel problems. These problems can often be caused by injuries or weakness to the muscles in your back passage. This test measures the pressures that these muscles can generate.

What are the benefits of the test?

This test will help your doctor to better understand what might be causing your symptoms and how to manage them.

Who will perform the test?

The test will be conducted by a Gastrointestinal Physiologist or Clinical Scientist in a private room at The Functional Gut Clinic. There will be a chaperone present during the investigation.

How can I prepare for the test?

You do not need to do any special preparation for this test. You may eat and drink as normal and continue with your normal medication.

What happens when I arrive for the test?

When you arrive, a member of the team will explain the test in more detail and ask you some questions about your symptoms.

Once you have been fully informed about the procedure including its risks and benefits, you will have the opportunity to ask any questions you have about the procedure. You will then be asked to give consent to proceed.

You will then be asked to get changed into a gown and lie on the bed ready for the investigation.

What happens during the test?

The member of the team carrying out the test will insert a thin probe with a deflated balloon on the end into your back passage.

Once this is in the correct position, you will be asked to cough, squeeze and push several times to assess the strength of the muscles in your back passage.

Following that, we will test how sensitive your back passage is by slowly inflating the balloon on the end of the probe and asking you to tell us when you feel it. You may feel a strong urge to defecate, but this sensation will pass immediately once the balloon is deflated.

The test will take about 10 minutes.

Will it be painful?

It may feel uncomfortable when the probe is inserted, but it should not be painful. You may feel embarrassed, but we understand this and will help you to feel at ease throughout

Are there any risks?

There is a very small risk of a discomfort during the test. On very rare occasions there may be some bleeding after the examination, but this should resolve quickly.

What will happen after the test?

You are free to leave straight away after the test. You may ask any further questions you may have before you leave. You can eat and drink normally and resume any of your normal daily activities.

Endoanal ultrasound information

What is Endoanal Ultrasound?

This test is an examination of the anal canal (back passage) that allows us to see the muscles involved in passing stool and the tissues that surround these.

Why am I having this test?

You will have been sent for this test if you have been experiencing troublesome bowel problems. These problems can often be caused by injuries or weakness to the muscles in your back passage or problems with the wall of your anal canal. This test can look at those muscles to see if they are working as they should.

What are the benefits of the test?

This test will help your doctor to better understand what might be causing your symptoms and how to manage them.

Who will perform the test?

The test will be conducted by a Gastrointestinal Physiologist or Clinical Scientist in a private room at The Functional Gut Clinic.

A chaperone will be present during the investigation.

How do I prepare for the test?

You do not need to do any special preparation for this test. You may eat and drink as normal and continue with your normal medication.

What happens when I arrive for the test?

When you arrive in the department a member of the team will explain the test in more detail and ask you some questions about your symptoms.

Once you have been fully informed about the procedure including its risks and benefits, you will have the opportunity to ask any questions you have about the procedure.

You will be asked to give your consent to proceed with the test.

You will then be asked to get changed into a gown and lie on the bed ready for the investigation.

What happens during the test?

The physiologist will insert a narrow probe (about the width of your little finger) into your back passage. The screen connected to the probe will allow the operator to view images of the area. It also allows pictures to be taken of the muscles and surrounding tissues in your back passage during the test.

The test will take about 10 minutes.

Will it be painful?

The procedure should not be painful, however if you already suffer from anal pain please let the practitioner aware of this on the day. You may feel embarrassed, but we understand this and will help you to feel at ease throughout.

Are there any risks?

There is a very small risk of a discomfort during the test. On very rare occasions there may be some bleeding after the examination, but this should resolve quickly.

What will happen after the test?

You are free to leave straight away after the test. You may ask any further questions you may have before you leave. You can eat and drink normally and resume any of your normal daily activities.