

## ***We need your help! We are looking for Volunteers to help us with a small pilot research study***

Would you like to take part in a feasibility research study that will allow us to expand our understanding of the relationship that the microbiome plays in nausea and vomiting? Of course you are asking WHY?

### **First what is the microbiome?**

What is the microbiome? We humans are mostly microbes, over 100 trillion of them. Microbes outnumber our human cells ten to one. The majority live in our gut, particularly in the large intestine. The microbiome is the genetic material of all the microbes - bacteria, fungi, protozoa and viruses - that live on and inside the human body. The number of genes in all the microbes in one person's microbiome is 200 times the number of genes in the human genome. The microbiome may weigh as much as five pounds. The bacteria in the microbiome help digest our food, regulate our immune system, protect against other bacteria that cause disease, and produce vitamins including B vitamins B12, thiamine and riboflavin, and Vitamin K, which is needed for blood coagulation.

The microbiome was not generally recognized to exist until the late 1990s.

**So what does the microbiome have to do with nausea and vomiting?** The microbiome is essential for human development, immunity and nutrition. The bacteria living in the gut are not invaders but beneficial colonizers. We are learning so much about the relationship between the brain and the gut, and nausea and vomiting are controlled by the gut and the brain!

We need 50 volunteers who would be willing, in the privacy of their own home to provide a small stool sample, to see if women are willing to provide a stool sample and also to do some preliminary analysis. We will ask you at the same time to complete the questionnaires that you have already been doing for the TINV study; that ask questions about your levels of pain and if you have experienced any nausea and vomiting.

If you are interested, we will send to you a flyer and a consent to sign with a prepaid return envelope. Once the consent has been returned, a collection kit would be sent to your home with a prepaid envelope and instructions on how to return to the lab. Your data will be as always, completely confidential, and you would help us understand if this is something that women would be willing to do. The collection kits are about the size of the saliva kits you have sent, and the instructions are very easy to follow. If you agree to participate in the study, \$25.00 will be added to your Vincent Card.

If you want to participate please let Karen, Katrina or Sue know, or call the study office (412-383-4707) or email [swe100@pitt.edu](mailto:swe100@pitt.edu)