

Week 7 quiz

1. A patient with peptic ulcer disease asks about dietary recommendations. Which advice would be most appropriate to give?

- a. Consume caffeine-containing beverages in moderation
- b. **Avoid consuming alcohol**
- c. Follow a bland diet with milk or cream

2. A patient with diverticulosis presents with complaints of constipation. Which type of laxative would be most appropriate for this patient?

- a. **Methylcellulose**
- b. Senna
- c. Castor oil
- d. Bisacodyl

****Methylcellulose is a bulk-forming laxative that increases stool bulk and water content, promoting regular bowel movements without irritating the intestines. Stimulant laxatives (Senna, Castor oil, Bisacodyl) can cause cramping and may increase the risk of diverticulitis.**

3. A patient with IBS-D treated with alosetron experiences severe constipation. What action should the prescriber take?

- a. Continue alosetron and monitor the patient closely
- b. **Discontinue alosetron and switch to loperamide**
- c. Increase the dose of alosetron
- d. Add a bulk-forming agent to the treatment regimen

****Alosetron has a black box warning due to the risk of severe constipation and ischemic colitis. If severe constipation occurs, the medication should be discontinued immediately. Loperamide is a safer alternative for slowing bowel motility.**

4. Which adverse effect is commonly associated with the long-term use of glucocorticoids in the treatment of IBD?

- a. **Adrenal suppression**
- b. Hypertension