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The Gastrointestinal Tract

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Multiple choice questions

1. Which of the following cereals must be avoided by coeliac patients?
   (a) Rice, corn, and wheat.
   (b) Wheat, barley, and rye.
   (c) Wheat, barley, and rice.
   (d) All of the above.

2. Which of the following is not a characteristic of advanced coeliac disease?
   (a) Intestinal villous atrophy.
   (b) Intestinal crypt hyperplasia.
   (c) Eosinophilic infiltration of the lamina propria.
   (d) Increased numbers of intraepithelial lymphocytes.
3. Which of the following are possible metabolic consequences of ileo-caecal resection in Crohn’s disease?

(a) Bile-salt malabsorption, vitamin B₁₂ malabsorption, and intestinal bacterial overgrowth.
(b) Bile-salt malabsorption, folate malabsorption, and intestinal bacterial overgrowth.
(c) Bile-salt malabsorption, vitamin B₁₂ malabsorption, and folate malabsorption.
(d) Iron malabsorption, vitamin B₁₂ malabsorption, and folate malabsorption.

4. Which of the following statements regarding the use of artificial nutrition in IBD is not true?

(a) Toxic megacolon is a major indication for TPN.
(b) Enteral nutrition may have a primary therapeutic effect in ulcerative colitis.
(c) Enteral nutrition may have a primary therapeutic effect in Crohn’s disease.
(d) ‘Bowel rest’ is not necessary in active IBD.

5. Which of the following statements regarding IBS is true?

(a) IBS patients should always be advised to avoid dairy foods.
(b) Malnutrition is a common feature of IBS.
(c) Dietary fibre does not have any role in the management of IBS.
(d) IBS patients with predominant diarrhoea and/or bloating should be investigated for lactose, fructose, and sorbitol malabsorption.