

Appendix 2: Intervention timeline	
Initial pill burden: 9 pills/d Initial no. of medications: 8	
Week 1	<ul style="list-style-type: none"> • Start vitamin D 1000 IU/d • Stop lorazepam 1 mg at bedtime • Start lorazepam 0.5 mg at bedtime (when needed)
Week 2	<ul style="list-style-type: none"> • Start vitamin B₁₂ 1000 µg/d • Stop pantoprazole • Start rabeprazole 20 mg/d • Decrease metoprolol dose to 25 mg/d • Stop prednisone 5 mg 2 times/d • Start prednisone 7.5 mg/d
Week 4	<ul style="list-style-type: none"> • Decrease dose of escitalopram to 5 mg/d • Decrease dose of lorazepam to 0.25 mg at bedtime (when needed) • Increase prednisone dose to 5 mg 2 times/d • Start psyllium 1 capsule/d (increase as needed) with 250 mL water (no longer using loperamide)
Week 6	<ul style="list-style-type: none"> • Decrease dose of rabeprazole to 10 mg/d • Decrease dose of metoprolol to 12.5 mg/d
Week 7	<ul style="list-style-type: none"> • Stop lorazepam
Week 8	<ul style="list-style-type: none"> • Stop metoprolol • Stop escitalopram • Decrease dose of telmisartan to 40 mg/d • Stop psyllium capsules • Start psyllium powder 15 mL/d in 250 mL water
Week 10	<ul style="list-style-type: none"> • Decrease dose of telmisartan to 20 mg/d
Week 11	<ul style="list-style-type: none"> • Stop rabeprazole
Week 12	<ul style="list-style-type: none"> • No medication changes
Final pill burden: 7 pills/d Final no. of medications: 6	