

MODAFINIL AS A TREATMENT FOR INFLAMMATORY BOWEL DISEASE RELATED FATIGUE: A PROSPECTIVE REAL-WORLD SERVICE EVALUATION

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Poster

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A prospective UK evaluation of modafinil in 72 IBD patients with severe fatigue showed statistically significant improvement in fatigue scores from 15.3 to 10.4 at 12 weeks, with 74% achieving clinically significant improvement.

KEY POINTS

- 72 patients (53 Crohn's, 19 UC) with severe fatigue (IBD-F score ≥ 11) received modafinil 50-400mg daily for 12 weeks after treatment of organic causes of fatigue.
- Mean IBD-F score improved significantly from 15.3 to 10.4 ($p < 0.0001$), with 53% no longer severely fatigued and 74% showing clinically significant improvement (≥ 3 point reduction).
- Improvement was similar between UC and Crohn's patients and between those with active disease and those in clinical remission.
- Nine patients (13%) reported side effects, most commonly headache; three withdrew early; one serious adverse event (nasojejun tube insertion for nutritional deficiency) was recorded.
- The authors state this is the first real-world evaluation of modafinil for IBD fatigue and recommend randomised placebo-controlled trials.

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