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Summary

SAFETY AND EFFECTIVENESS OF COMBINING BIOLOGICS AND SMALL MOLECULES IN THE TREATMENT OF INFLAMMATORY BOWEL DISEASE: AN UPDATED SYSTEMATIC REVIEW WITH METANALYSIS

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A systematic review and meta-analysis of 28 studies with 499 patients evaluated the safety and effectiveness of combining biologics and small molecules in patients with inflammatory bowel disease refractory to monotherapy.

KEY POINTS

- Seven different dual-therapy combinations were studied, with Anti-TNF plus anti-integrin being the most common combination (n=96).
- In patients refractory to monotherapy with active intestinal disease, combination therapy achieved pooled clinical remission in 48% and endoscopic remission in 32%, with clinical response in 76% and endoscopic response in 52%.
- The pooled serious adverse event rate was 9%, with Anti-TNF plus Ustekinumab, Anti-TNF plus Natalizumab, and Ustekinumab plus Tofacitinib showing no registered serious adverse events.
- The certainty of evidence was low due to the observational nature of most studies (26 of 28), inconsistencies in outcome reporting, lack of disease-subtype stratification, and only one study including a monotherapy control arm.
- This material is most relevant for gastroenterologists managing patients with IBD who have failed multiple lines of biologic therapy.

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