

# EFFICACY OF SYNBIOTIC SUPPLEMENTATION IN PATIENTS WITH SYMPTOMATIC UNCOMPLICATED DIVERTICULAR DISEASE: A SINGLE-CENTRE, DOUBLE-BLIND, RANDOMISED, PLACEBO-CONTROLLED TRIAL

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Poster

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**A randomised placebo-controlled trial found that synbiotic supplementation was no more effective than placebo in relieving symptoms in symptomatic uncomplicated diverticular disease patients, suggesting a relevant role of the placebo effect.**

## KEY POINTS

- Both the synbiotic arm (Lactaseibacillus Paracasei DG plus inulin) and placebo arm showed significant improvements in GI symptoms (bloating, short- and long-lasting abdominal pain) and bowel habits compared to baseline, with no differences between groups.
- The trial enrolled 34 patients with SUDD (mean age 64 years, 55.9% female) who received 12 weeks of treatment plus dietary advice on fibre-rich diet; 30 patients completed the study.
- Compliance with the diet rich in fibre was poor in both arms (0% vs 14.3%), and neither arm showed significant changes in quality of life scores.
- Mild self-limited adverse events occurred with no differences between arms, and follow-up at 4 weeks showed no clinical changes in either group.
- This study is relevant for clinicians managing symptomatic uncomplicated diverticular disease and highlights the importance of placebo-controlled trials in this condition.

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