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Summary

RCT ASSESSING EFFECT OF 6-WEEK INTERVENTION WITH 10GR DAILY DOSE OF PARTIALLY HYDROLYZED GUAR GUM (PHGG) ON SPONTANEOUS BOWEL MOVEMENT FREQUENCY IN ADULTS WITH CHRONIC CONSTIPATION

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Endoscopy | IBD | Mechanisms & Personalised Medicine | Oesophagus | Colorectal

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A randomized placebo-controlled trial (N=160) found that 10 grams daily of partially hydrolyzed guar gum (PHGG) for 6 weeks significantly increased spontaneous bowel movements in adults with functional or IBS-constipation.

KEY POINTS

- The primary endpoint of change in weekly spontaneous bowel movements was significantly improved with PHGG versus placebo (p=0.033 ITT, p=0.029 per-protocol).
- Responder rate (achieving ≥3 spontaneous bowel movements per week and ≥1 increase from baseline for at least 4 of 6 weeks) was 34.2% with PHGG versus 17.7% with placebo (p=0.018), yielding a number needed to treat of 6.
- PHGG was well tolerated with no serious adverse events and no discontinuations due to adverse events; adverse event rates were similar between PHGG (42.5%) and placebo (37.5%).
- PAC-SYM constipation symptom score decreased significantly more with PHGG (0.85) than placebo (0.69) in the intention-to-treat analysis (p=0.049).
- The study enrolled adults meeting Rome IV criteria for functional constipation or IBS-constipation with baseline spontaneous bowel movement frequency of approximately 1.5 per week, predominantly female patients with below-recommended dietary fiber intake.
- The presenter noted that preliminary analysis suggests the primary endpoint was met as early as 2 weeks, potentially supporting use for short-term constipation.

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