

UEG Journal Best Paper 2021 - Rotating or single course antibiotics for small intestinal bacterial overgrowth?

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Podcast Episode

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A prospective cohort study found that rotating antibiotics achieved higher remission rates than single antibiotics for small intestinal bacterial overgrowth, with remission confirmed by repeat breath testing in 223 patients.

KEY POINTS

- Remission, defined as a negative repeat glucose breath test, occurred in approximately 70% of patients receiving rotating antibiotics (quinolone alternating with azole monthly) versus approximately 50% with single antibiotic therapy over three months.
- All patients had SIBO diagnosed by initial glucose breath test and treatment response verified by a second breath test at five months, addressing a gap in centres that treat without confirmatory testing.
- Remission was associated with improved quality of life, particularly reduction in bloating symptoms.
- The rotating antibiotic strategy was effective as first-line treatment but not in refractory SIBO after multiple prior antibiotic courses, according to the authors.
- The speakers suggest rotating antibiotics may be a practical option in countries without access to rifaximin, though they propose future trials comparing the two approaches on efficacy, tolerability, and cost.

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