

MANAGEMENT OF BILE ACID MALABSORPTION: INSIGHTS INTO TREATMENT AND PATIENT OUTCOMES

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Poster

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A five-year retrospective study of 353 patients undergoing SeHCAT testing found that 49.57% were diagnosed with bile acid malabsorption, with poor adherence to cholestyramine due to side effects and 60% of diagnosed patients discharged without specialty follow-up.

KEY POINTS

- Of 175 patients diagnosed with BAM, 55% of evaluable patients on cholestyramine showed symptom improvement, though many experienced headaches and abdominal discomfort leading to poor adherence
- For patients intolerant to cholestyramine, 34 were transitioned to colesevelam with 50% reporting symptom relief
- Co-prescribing antidiarrhoeals with bile acid sequestrants yielded a 100% response rate with no adverse effects reported
- Sixty percent of all BAM-diagnosed patients were not followed up by specialty care and were discharged prematurely
- The study highlights gaps in BAM management including poor medication compliance, inadequate follow-up protocols, and the potential value of combination therapy approaches

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