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Summary

INSIGHTS FROM THE POLISH REGISTRY OF MICROSCOPIC COLITIS: ANALYSIS OF THE FIRST 165 PATIENTS ACROSS NINE ACADEMIC GASTROENTEROLOGY REFERENCE CENTERS IN POLAND

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The Polish Registry of Microscopic Colitis reports clinical characteristics and treatment outcomes in 165 patients across nine academic centers, finding budesonide MMX achieved 92.4% improvement rates and lymphocytic colitis was the most common subtype.

KEY POINTS

- Among 165 patients, lymphocytic colitis was most common (66.7%), followed by collagenous colitis (24.1%) and incomplete colitis (9.3%), with median age at diagnosis of 57 years and 3.5-fold female predominance.
- Budesonide MMX showed highest treatment efficacy with 92.4% of 92 patients reporting improvement, while budesonide achieved 91.3% improvement in 23 patients; loperamide, rifaximine, mesalazine, and probiotics showed lower response rates ranging from 27.8% to 50.0%.
- Predominant symptoms included watery diarrhea (86.1%), fecal urgency (66.1%), bloating (62.4%), and abdominal pain (58.8%), with one-third reporting abdominal pain meeting Rome IV criteria for irritable bowel syndrome.
- Normal colonoscopy findings occurred in 71.5% of patients, average diagnostic delay was approximately 3 years from symptom onset, and three patients with severe disease were successfully treated with adalimumab.
- This multicenter registry addresses a gap in Polish epidemiological data on microscopic colitis and may inform clinicians managing chronic watery diarrhea and gastroenterologists considering treatment options for microscopic colitis.

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