

FOOD-INDUCED ALTERATIONS IDENTIFIED USING CONFOCAL LASER ENDOMICROSCOPY ARE NOT ASSOCIATED WITH DIET OUTCOMES IN PATIENTS WITH IRRITABLE BOWEL SYNDROME: A RANDOMISED DOUBLE BLIND CROSSOVER DIET INTERVENTION STUDY

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Presentation

Gut Microbiota

Neurogastroenterology & Motility

Small Intestine & Nutrition

Colorectal

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A double-blind controlled cross-over trial found that confocal laser endomicroscopy-guided exclusion diets did not improve IBS symptoms more than sham diets, and mucosal alterations observed were not specific to IBS.

KEY POINTS

- In 31 IBS patients who completed both diet phases, clinical response rate was 42% for CLE-guided real diet versus 36% for sham diet (odds ratio 1.33, 95% CI 0.46-3.84), with no difference in IBS-SSS change (median -30 points vs -20 points, $p=0.7$).
- The trial was terminated prematurely for futility after interim analysis showed the odds ratio fell below the predetermined futility threshold of 1.5.
- Mucosal alterations were observed in 100% of CLE exams in IBS patients (54/54 exams), either at baseline (11%) or after food administration, most commonly after milk, fish, and eggs.
- Identical mucosal alterations were observed in all 15 healthy control exams (100%), with similar distribution among foods, suggesting the alterations are not disease-specific for IBS.
- Acute mucosal alterations were not associated with altered permeability (25.6 vs 24.6 Ωcm^2 , $p=0.6$) or tryptase release (1.1 vs 0.62 $\mu\text{g}/\text{mg}$ tissue, $p=0.15$).
- No differences were observed between real and sham diets in pain duration, pain severity, bloating severity, or flatulence severity on visual analogue scales.

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