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Summary

THE REAL-WORLD MEDICATION MANAGEMENT OF HIGH STOOL OUTPUT IN PATIENTS WITH SHORT BOWEL SYNDROME: AN INTERNATIONAL MULTICENTER SURVEY

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An international survey of 33 intestinal failure centers found that loperamide and proton pump inhibitors are the most commonly used medications for managing high stool output in short bowel syndrome, though real-world loperamide doses often exceed guideline recommendations.

KEY POINTS

- Loperamide was the most commonly used antimotility medication (90% of centers), with median initial dose of 8 mg/day and median highest dose of 28 mg/day, though some centers used doses up to 64 mg/day.
- Proton pump inhibitors were the most frequently used antisecretory medication (80% of centers), with 70% prescribing them indefinitely and median pantoprazole doses of 40 mg/day initially and 80 mg/day at highest.
- Pancreatic enzymes were used by 20% of centers regardless of colon anatomy, and bile acid binders were used by 30% of centers in patients with colon-in-continuity, despite limited supporting evidence for these agents.
- The survey achieved a 91% response rate from adult intestinal failure centers in Europe and North America, providing real-world practice patterns that complement existing clinical guidelines.

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