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Summary

SMALL INTESTINAL BACTERIAL OVERGROWTH IN CHRONIC LIVER DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS OF CASE-CONTROL STUDIES

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Meta-analysis of 34 case-control studies finds a 6-fold increased prevalence of small intestinal bacterial overgrowth in chronic liver disease patients compared to controls, with highest rates in decompensated cirrhosis and portal hypertension complications.

KEY POINTS

- SIBO prevalence was 37.8% in chronic liver disease patients versus 13.9% in controls, yielding an odds ratio of 6.1 (95%CI 4.5-8.3, p=0.0001).
- Patients with decompensated cirrhosis had approximately 3-fold higher SIBO prevalence compared to those with compensated cirrhosis (OR=2.7, 95%CI 1.7-4.4, p=0.0001).
- SIBO prevalence was highest in patients with spontaneous bacterial peritonitis at 57.7%, followed by hepatic encephalopathy at 41.0% and variceal bleeding at 39.5%.
- Small bowel aspirate and culture demonstrated substantially higher SIBO detection rates (OR=11.6) compared to glucose breath test (OR=8.1) or lactulose breath test (OR=5.3).
- SIBO prevalence did not differ significantly by liver disease etiology, though rates were numerically highest in non-alcoholic fatty liver disease at 41.5%.

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