

EFFICACY OF BUDESONIDE ORODISPERSIBLE TABLET SPLIT VERSUS SINGLE DOSE FOR MAINTENANCE OF REMISSION IN EOSINOPHILIC ESOPHAGITIS: TOTAL DAILY DOSE MAY MATTER MORE THAN THE ADMINISTRATION FREQUENCY

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Poster

Oesophagus

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A prospective study comparing budesonide orodispersible tablet 1mg once daily versus 0.5mg twice daily for maintenance treatment in eosinophilic esophagitis found comparable efficacy in maintaining remission over a median of 20 weeks.

KEY POINTS

- Fifty-six patients with eosinophilic esophagitis who achieved histological remission with budesonide orodispersible tablet 1mg twice daily were randomized to maintenance treatment with either 1mg once daily or 0.5mg twice daily.
- After a median of 20 weeks, persistent histological and clinical remission was present in 86 percent of patients on 1mg once daily versus 93 percent on 0.5mg twice daily, with no statistically significant difference between groups.
- Clinical, endoscopic, and histological outcomes including EREFS scores, eosinophil counts, EoEHSS stage and grade, PiEAQ scores, and I-SEE scores were comparable between the two dosing regimens.
- Histological recurrence occurred in 7.1 percent of patients on 0.5mg twice daily and 14 percent on 1mg once daily, with no statistically significant difference.
- This study is relevant for gastroenterologists managing maintenance therapy in eosinophilic esophagitis patients who have achieved remission with topical steroid induction treatment.

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