

IMPACT OF FOUR-WEEK, DAILY CONSUMPTION OF GREEN KIWIFRUIT ON COLONIC TRANSIT AND FERMENTATION PROFILE IN ADULTS WITH CHRONIC CONSTIPATION

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Poster

Colorectal

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A randomised trial in 62 adults with chronic constipation found no significant difference in colonic transit time or colonic gas concentrations between participants consuming green kiwifruit versus maltodextrin daily for four weeks, as measured by wireless motility and gas-sensing capsules.

KEY POINTS

- Participants with chronic constipation were randomised to consume two green kiwifruit (approximately 150g, 90 kcal) or calorie-matched maltodextrin (25g, 90 kcal) daily for four weeks, with a subset of 21 participants undergoing capsule measurements at baseline and post-intervention.
- Preliminary blinded results showed no significant difference in colonic transit time between the two interventions ($p = 0.628$), with one intervention group showing a median decrease of 1.4 hours and the other a median increase of 15.8 hours.
- Colonic hydrogen and carbon dioxide concentrations measured by gas-sensing capsule showed no significant differences between baseline and post-intervention or between the two intervention groups.
- The study was limited by small sample size, data loss, and transit times exceeding capsule battery life, with further analyses planned to explore relationships between colonic gas concentration, transit time, and faecal microbiota.
- This material is relevant to gastroenterologists and researchers investigating dietary interventions for chronic constipation and novel methods for assessing gastrointestinal function.

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