gutflix
GI learning, personalised

Summary

# LONG-TERM OUTCOME AFTER ANTI-TNF WITHDRAWAL IN ULCERATIVE COLITIS – 2 YEAR EXTENSION OF THE RANDOMISED BIOSTOP STUDY

Tor Åge Myklebust

UEG Week Barcelona 2026 | Presentation

IBD

October 19, 2026

**BIOSTOP extension study found that 4-year endoscopic remission rates were similar between anti-TNF withdrawal (88%) and maintenance (86%) groups in UC patients initially in deep remission, with 41% maintaining sustained remission off anti-TNF for up to 4 years.**

## KEY POINTS

- 4-year endoscopic remission rates were 88% (100/113) in anti-TNF withdrawal patients and 86% (31/36) in maintenance patients, with no significant difference between groups
- UC flares occurred significantly more often after anti-TNF withdrawal than maintenance (40% vs 14%, $p < 0.001$), but most were successfully retreated: 81% of those retreated with anti-TNF and 94% treated with non-biologics achieved endoscopic remission
- 71 of 172 patients (41%) remained in sustained steroid-free endoscopic remission without anti-TNF at 4 years: 35 after 2 years withdrawal and 36 after 4 years withdrawal
- Clinical remission at 4 years was 93% in withdrawal and 97% in maintenance groups ($p = 0.69$)
- No clinical or baseline factors including azathioprine comedication, MES 0 vs 1, calprotectin, or histologic inflammation predicted UC flare
- Serious adverse events related to study intervention occurred in 3.5% of withdrawal patients and 5.5% of maintenance patients, with no significant difference between groups

VIEW THIS CONTENT ON GUTFLIX

https://gutflix.eu/search/d/7947deaa-d12d-11f1-85f7-daaa6dbee0a2

**AI-generated summary**

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.