



**80<sup>th</sup> International Scientific  
Conference of the  
University of Latvia 2022**

# **Addition of *Saccharomyces boulardii* to standard triple therapy in eradication of *H. pylori*: comparison of adverse events and effectiveness**

## ***Authors***

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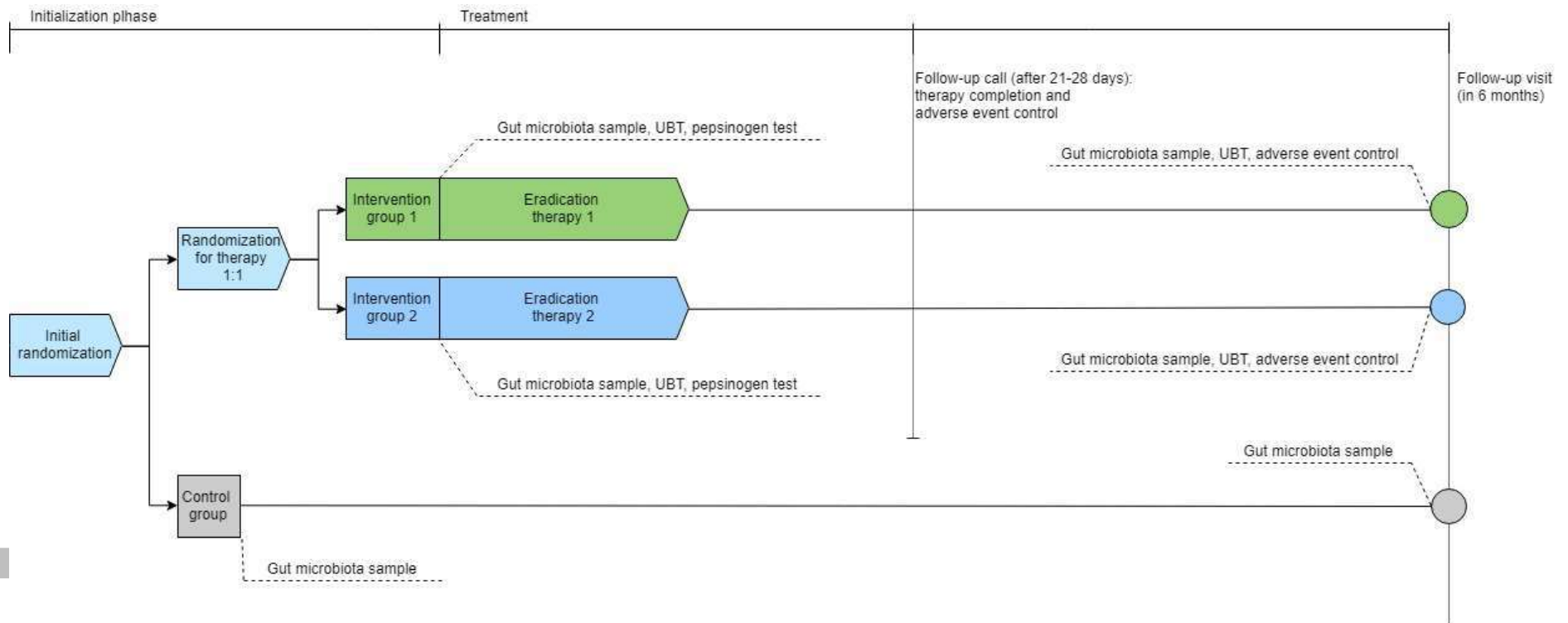
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# Summary

**Background.** *Saccharomyces boulardii* addition to standard clarithromycin-based *H. pylori* eradication regimen is associated with lower harms related to less frequent induction of gut resistome and better profile of adverse events.

**Actual objective:** to compare the compliance and frequency of adverse events related to standard clarithromycin-based *H. pylori* eradication regimen after adding *Saccharomyces boulardii*.



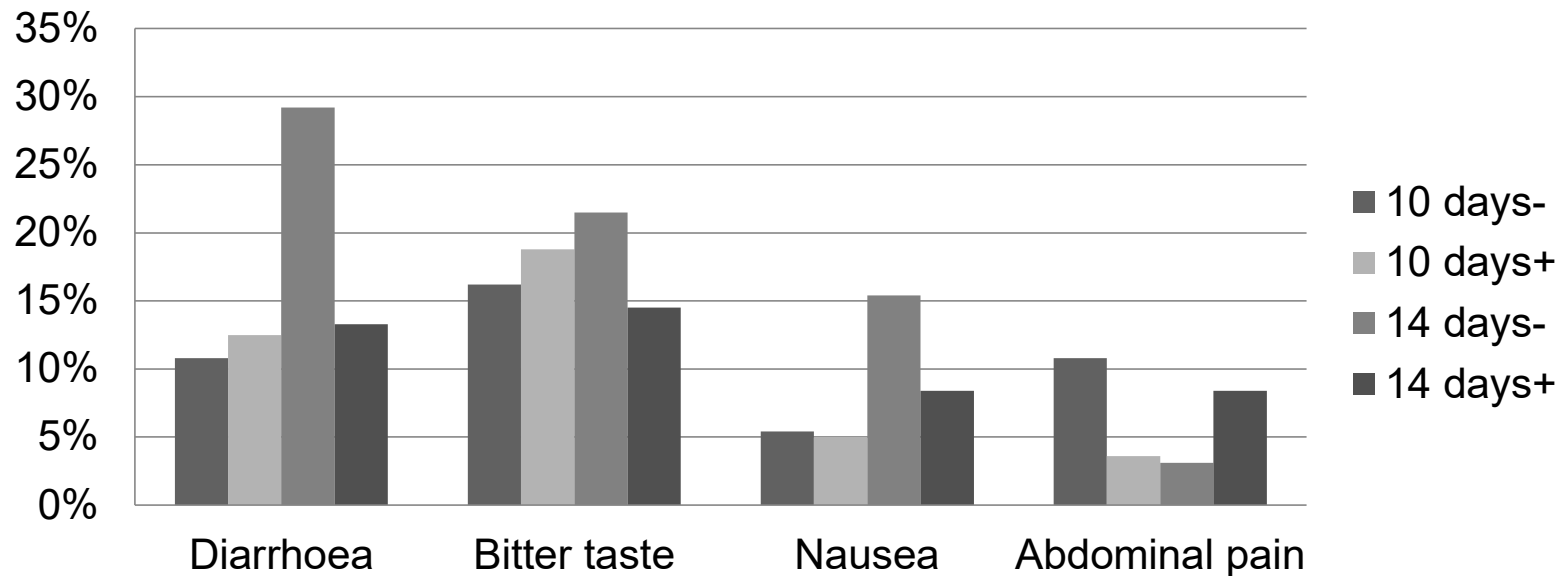
# Results

By now, data acquired from 265 patients.

Adverse events reported by 43.4%.

The addition of *Saccharomyces boulardii* showed a general tendency to lower frequency of adverse events, in particular diarrhoea in 14-day regimen ( $p=0.02$ , OR 2.7).

The compliance in groups with and without probiotics was similar.



- Standard triple therapy without probiotics

+ Standard triple therapy with probiotics



	<b>10 days - (n=37)</b>	<b>10 days + (n=65)</b>	<b>P value</b>	<b>14 days - (n=80)</b>	<b>14 days + (n=83)</b>	<b>P value</b>
<b>Reported adverse events, n (%)</b>	15 (40.5)	32 (40.0)	0.95	34 (52.5)	34 (41.0)	0.17
<b>Compliance, n (%)</b>	36 (97.3)	79 (98.8)	0.58	61 (93.8)	78 (94.0)	0.98
<b>Diarrhoea</b>	4 (10.8)	10 (12.5)	0.79	19 (29.2)	11 (13.3)	0.02*
<b>Bitter taste</b>	6 (16.2)	15 (18.8)	0.74	14 (21.5)	12 (14.5)	0.26
<b>Nausea</b>	2 (5.4)	4 (5.0)	0.92	10 (15.4)	7 (8.4)	0.19
<b>Abdominal pain</b>	4 (10.8)	3 (3.6)	0.15	2 (3.1)	7 (8.4)	0.19

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# Conclusions

Conclusion:

Lower frequency of adverse events may increase chance of positive outcome

The ongoing research on efficacy and resistance induction in subgroups will complement the results



# Acknowledgement

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*Project is supported by ERDF (European Regional Development Fund) in Latvia, project id. No. 1.1.1.1/18/A/184 "Optimisation of H. pylori eradication therapy for population-based gastric cancer prevention".*

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