

Treatment of persistent diarrhea with *S. boulardii* in returning travelers.
Results of a prospective study

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English Extract [Original Article in German]

AIM

The efficacy and tolerability of *Saccharomyces boulardii* (S.b.) were investigated in patients with diarrhea contracted while travelling abroad.

METHOD

The efficacy of S.b. was determined on the basis of the frequency and consistency of stools (fewer than 3 unformed stools a day), and symptom changes. A total of 95 patients (49 females, 46 males) aged between 19 and 69 (mean age 32) years were treated with S.b. at a daily dose of between 150 and 450 mg (mean 428 mg) (3 x 1-3 capsules).

RESULTS

Prior to admission to the study, diarrhea had persisted for an average of 11 days; under treatment with S.b. it cleared up after a mean of 5 days. A tendency towards greater efficacy in patients returning from The Middle East and South America was noted. Tolerability was assessed to be very good or good by almost all participants, with side effects occurring in only 2 cases.

CONCLUSION

The study demonstrates that S.b. is both effective and well tolerated when used for the treatment of persistent diarrhea (mean duration 11 days) that had often failed (67% of the cases) to respond to previous antidiarrheal or antibiotic drugs.