Antimicrobials and risks for antibiotic-associated diarrhea (AAD)

• Antibiotic-associated diarrhea
  • 5-30% risk
  • Higher with multiple IV drugs
  • Higher with broad spectrum antimicrobials
  • Higher with pediatric patients
  • High with oral beta lactams
  • Clostridium difficile may be involved
  • Big reason for lack of compliance with therapy
  • Big reason for need to switch and to increase patient exposure to antimicrobials

Saccharomyces boulardii and Antibiotic Associated Diarrhea in Hospitalized Patients
N=180; site: University of Washington, Harborview Hospital

Start Antibiotic  Stop Antibiotic  Stop Study

Start Yeast (within 48h)  

Yeast continued for 14d
Surawicz et al., Gastroenterol. 1989;96:981

AAD   D’Souza et al., BMJ 2002;324:1361
Clostridium difficile disease (pseudomembranous colitis)(CDD) is a spore former anaerobe resistant to most antimicrobials

• is held in check by the normal flora but can overgrow if flora is perturbed

• any antimicrobial can initiate overgrowth; stomach acid suppression therapy can increase risk

• C. difficile makes two toxins which cause diarrhea to colitis to pseudomembranous colitis to toxic megacolon to death

• Can be treated with metronidazole (250mg QID) or vancomycin PO (125mg QID or 500mg QID) but relapse rate is ~20%

• Patients who relapse can have recalcitrant disease with ~50% relapse rate

• Probiotics can decrease rate of relapse but only Sacccharomyces boulardii has been tested and shown to help
**S. boulardii & High Dose Vancomycin for C. difficile Disease**

[Results]

Rates of *Clostridium difficile* per 100,000 Patients in the United Kingdom General Practice Research Database

Lactobacillus rhamnosus GG
Dietary Supplement: Culturelle
Saccharomyces boulardii Dietary Supplement: Florastor

Florastor
Saccharomyces boulardii from Biocodex
Intestinal Dietary Supplement

The #1 Probiotic Worldwide
Enhanced for Children

Florastor Kids
Saccharomyces boulardii lyo

Happier Children... Happy Parents

Results of Latest Clinical Study in 248 Children
"Florastor effectively reduces 89% vs. 23%"
Demonstrated Safe and Effective in over 35 Years of Extensive International Use

Florastor Kids:
- Maintains intestinal health and normal bowel function
- Reduces number of stool
- Improves consistency of stool

When you prescribe... Coliforms: assay or Amoxicillin + clavulanate: recommend Contraindicated. Tasty Florastor Kids! 1 capsule BID

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