

Publication Abstracts for Diff-Stat®

Spielholz, C. Efficacy of a synbiotic chewable tablet in the prevention of antibiotic-associated diarrhea. *Health*.2011;3(2):110-115.

[\(abstract\)](#)

Infection by *Clostridium difficile*, a complication of treatment with antibiotics, causes antibiotic associated diarrhea (AAD) and can lead to colitis and pseudomembranous colitis. Incidence of *C. difficile* infection is increasing among the elderly undergoing antibiotics therapy confined to health care facilities, conditions that are expensive to treat, decrease the quality of life and are life threatening. Use of probiotics has been proposed as a method to decrease the incidence of AAD in health care facilities. To examine the efficacy of using probiotics, 120 nursing home residents undergoing antibiotic therapy were provided with a synbiotic tablet containing two probiotics, *Saccharomyces boulardii* and *Bacillus coagulans*, and a prebiotic, fructooligosaccharide. Residents were evaluated retrospectively for AAD and *C. difficile* infection. It was found that 95% of residents treated with antibiotics and taking the synbiotic tablet were free of AAD. More than 97% of the residents did not become infected with *C. difficile*. No adverse effects were reported. Minor side effects, gastrointestinal upset and nausea, were reported by less than 6% of the residents. The cause of the minor side effects was not known. Only 2.5% of the residents stopped taking the synbiotic tablet because of the gastrointestinal upset. These Results suggest that use of the synbiotic tablet prevents AAD and *C. difficile* infection in nursing home residents undergoing antibiotic therapy. It is concluded that this synbiotic tablet provides an easy to administer and safe approach to controlling AAD and *C. difficile* infection in residents in nursing homes.