

## Methotrexate Is Not Superior to Placebo for Inducing Steroid-Free Remission, but Induces Steroid-Free Clinical Remission in a Larger Proportion of Patients With Ulcerative Colitis

Double blind placebo controlled trial. Steroid dependent UC. Patients on prednisone 10-40 mg per day were randomized to: MTX 25mg/week vs placebo for 24 weeks

Primary endpoint: steroid free remission at w16

### Results:

- Steroid-free remission w16: 31.7% MTX vs 19.6% placebo,  $p=0.15$
- Steroid-free clinical remission w16: MTX 41.7% vs 23.5%,  $p=0.04$
- No differences in other secondary outcomes.
- More patients discontinued the study in placebo 47.1% vs MTX 26.7%,  $p=0.03$

### Conclusions:

Parenteral methotrexate was not superior to placebo for induction of steroid-free remission in patients with UC. However, MTX induced clinical remission without steroids in a significantly larger percentage of patients, resulting in fewer withdrawals from therapy due to active UC.

Figure 1. Main endpoints of the METEOR trial. (A) Primary end point: steroid-free remission at week 16. (B) Secondary end point: steroid-free clinical remission at week 16. (C) Secondary end point: steroid-free endoscopic healing at week 16.

