2016. METEOR

RCT/ MTX/ UC/Induction

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

<u>Primary endpoint:</u> steroid free remission at w16

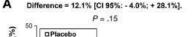
Results:

- Steroid-free remission w16: 31.7% MTX vs 19.6% placebo, p=0.15
- Steroid-free <u>clinical</u> 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

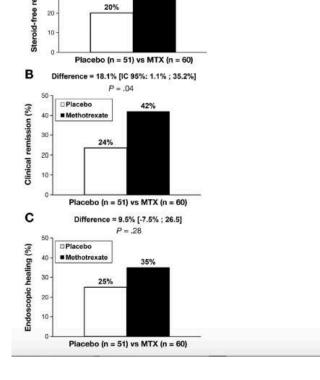
Conclusions:

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. 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

> 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.



Methotrexate



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