

Randomised double-blind, placebo controlled trial. Patients with CD after surgery were randomized to start 10 days after surgery Lactobacillus GG (6 billion CFU twice daily) for one year or placebo.

Primary endpoints: Reduction of endoscopic recurrence rate at 12 months (Rutgeerts >1)

Results: N=45

- Endoscopic recurrence at 12 months, LGG 60% vs 35.3% placebo, p=0.243
- Clinical recurrence at 12 months, LGG 16.7% vs 10.6%, p=0.948

Conclusion:

Lactobacillus GG seems neither to prevent endoscopic recurrence at one year nor reduce the severity of recurrent lesions.

Table 2 Clinical and endoscopic remission in the *Lactobacillus* GG (LGG) and placebo groups

	LGG (n=23)	Placebo (n=22)	p Value
Non-compliance (%)	2 (8.7)	1 (4.5)	0.968
Protocol violation (%)	3 (13.0)	2 (9.0)	1.000
Clinical remission* (%)	15 (83.3)	17 (89.4)	0.948
Endoscopic remission† (%)	6 (40.0)	11 (64.7)	0.243
Score 0	1	9	
1	5	2	
Endoscopic recurrence† (%)	9 (60.0)	6 (35.3)	0.297
Score 2	3	3	
3	2	0	
4	4	3	

*Crohn's disease activity index ≤ 150 after 52 weeks of therapy.

†Rutgeerts score: 0–1=remission; 2–4=recurrence.

There were no statistically significant differences.

