

Randomized double-blind controlled trial. Study design was of crossover with two consecutive 28 day periods.  
Patients with mildly active ulcerative colitis proctitis were randomized to metronidazol suppositories 500mg 3 times per day or placebo.

Primary endpoints: Clinical and endoscopic response

#### Results: N=18

- Improvement by day 28 was: 16.7% during METRO period vs 27.7% improved during placebo period; 55.6% did not feel differences between the 2 periods.
- There were no differences in sigmoidoscopic appearance and histologic features between both arms.

#### Conclusion:

Metronidazol suppositories given for 28 days do not benefit patients with proctitis.

**Table** Some clinical and pathological features observed in patients with proctitis, treated for 28 days with metronidazole and placebo

	Treatment period	
	Metronidazole	Placebo
Stool frequency (mean no. in last 10 days of treatment)	35 ± 26	41 ± 28
Blood loss (mean no. of days with blood loss in last 10 days of treatment)	4.8 ± 4.4	4.7 ± 4.2
Sigmoidoscopic appearance (no. of patients)		
Improved	7	8
Deteriorated	2	3
No change	8	6
Histological inflammation in biopsies (no. of patients)		
Improved	1	3
Deteriorated	2	3
No change	10	7
	(From the other five patients at least one biopsy was unsatisfactory)	
Eosinophil count in biopsies (mean/5 hpf after treatment)	40 ± 26	56 ± 33
	(Overall mean was 50 and only two patients had low eosinophil counts <10/5 hpf).	

