

1978. Prednisone

RCT/Prednisone/UC/Induction

Randomized single-blind controlled trial.
Patients with active ulcerative colitis (proctocolitis) were randomized to prednisone 40 mg /day one dose in the morning or 10mg 4 times per day.
Patients already taking salazopyrin continued it in unaltered dose.

Primary endpoints: Response at day 7 and 14

Results: N=45

- Response at day 14 was: 53.1% for both arms.
- Side effects were comparable between groups.

Conclusion:

There were no differences in efficacy and safety between single or multiple doses of prednisone. As single dose is more convenient for patients and adrenal suppression is less than with a multiple small dose regimen this should be recommended in UC patients needing steroids.

A Comparison of Oral Prednisolone Given as Single or Multiple Daily Doses for Active Proctocolitis

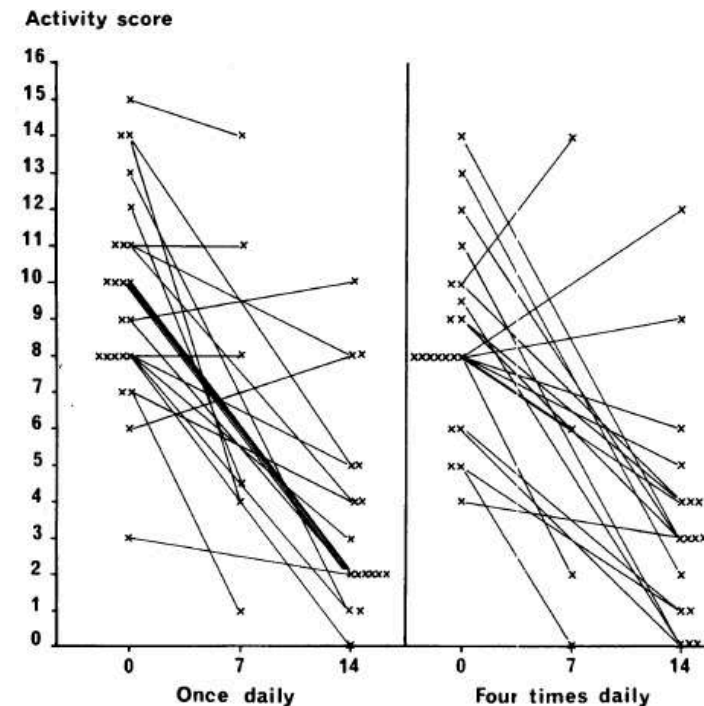


Fig. 1. The activity score at the beginning and end of the study.

Table II. Outcome of treatment in 45 patients

	Remission*	Improved	No change	Worse	No side-effects
10 mg 4 × daily	5	12	3	2	10
40 mg once daily	3	14	5	1	9

*Symptom score zero—see text.

