

1981. Topical 5ASA vs hydrocortisone

RCT/topical 5ASA-Steroids/UC/Induction

Randomized double-blind controlled trial. Patients with active mild-moderate ulcerative colitis (up to splenic) were randomized to receive 5ASA enemas 4gr/day vs topical hydrocortisone hemisuccinate sodium 100mg/day for 15 days. Oral sulphasalazine was permitted and patients were balanced according to it.

Primary endpoints: Clinical remission at week 4

Results: N=86

- Clinical remission at day 15: 93% 5ASA vs 57% hydrocortisone, $p < 0.0005$.
- Endoscopic remission at day 15: 93% 5ASA vs 54% hydrocortisone, $p < 0.005$
- Histological improvement day 15: 77% 5ASA vs 33% hydrocortisone, $p < 0.005$

Conclusion:

Topical treatment with 5-ASA, 4 g daily, is superior to topical treatment with hydrocortisone 100 mg daily.

Treatment Of Ulcerative Colitis With High-dose 5-aminosalicylic Acid Enemas

TABLE III—CLINICAL, SIGMOIDOSCOPIC, AND HISTOLOGICAL RESULTS

Trial enemas	No. of patients	No. in clinical remission	No. in sigmoidoscopic remission	No. with pronounced histological improvement
<i>No additional treatment</i>				
5-ASA	10	10	10	9
Hydrocortisone	11	8	7	5
<i>2 g sulphasalazine daily</i>				
5-ASA	34	31	31	25
Hydrocortisone	31	16	16	10
<i>Overall results</i>				
5-ASA	44	41 (93%)*	41 (93%)*	34 (77%)*
Hydrocortisone	42	24 (57%)	23 (54%)	15 (33%)

*Superior to hydrocortisone. $\chi^2: p < 0.0005$.

