

Patients with moderately active CD were randomized to 0.5mg/kg/d prednisolone plus normal diet or an elemental diet plus oral framycetin, colistin and nystatin.

Primary endpoint: Clinical response at day 10

#### Results: N=37

- There were 14/16 patients on elemental diet plus non-absorbable antibiotics that had CDAI improvement.
- There was a significant fall in disease activity parameters in both treatment arms  $p < 0.01$ .
- There were no differences at the end of the trial between groups.

#### Conclusion:

A regime decreasing the intraluminal concentration of bacteria and complex food molecules, was associated with rapid improvement in activity of Crohn's disease. This suggests that these intraluminal factors play a role in maintaining inflammation and that their removal or alteration offers an approach to management.

### Controlled trial comparing prednisolone with an elemental diet plus non-absorbable antibiotics in active Crohn's disease

Table 1a Results of CDAI, ESR and faecal granulocyte excretion before and after 10 days therapy with prednisolone (0.5 mg/kg/day) orally

	CDAI	ESR	Faecal excretion
Ileal	239→90	29→28	18.6→2.5
	189→91	20→17	5.8→1.6
	331→221	15→10	27→9.6
	202→187	45→24	6.6→4.7
	83→34	20→5	2.9→2.4
	217→173	48→17	20.8→11.3
Ileocolonic	154→106	12→9	10.2→2.9
Colonic	250→70	128→17	31.1→1.7
	234→160	122→42	28.6→20.8
	348→182	100→30	52→29.1
	249→156	42→20	29.9→19.1
	256→231	105→120	47.4→42.8
	238→68	104→37	23.3→5.2
	170→96	40→16	17.3→5.1
	210→194	38→33	27.3→24.6
240→125	55→52	32.1→9.9	

Table 1b Results of CDAI, ESR and faecal granulocyte excretion before and after 10 days therapy with elemental diet plus non-absorbable antibiotics

	CDAI	ESR	Faecal excretion
Ileal	197→78	55→26	36.3→4.7
	95→51	10→11	9.8→3.2
	170→176	11→2	4.3→2.6
	310→338	33→20	18.2→5.2
	239→213	30→4	17.2→7.2
	358→260	60→70	25.5→12.1
Ileocolonic	250→172	55→20	36.1→33.6
Colonic	177→50	26→22	12.7→3.2
	185→123	36→20	28.6→5.2
	386→87	100→88	31.3→4.8
	280→153	90→45	34.8→4.9
	221→75	6→5	7.3→1.1
	201→248	37→55	16.2→32.1
	185→152	70→18	31→20.1
	147→199	24→17	25.6→15.2
148→136	45→9	26.1→3.1	

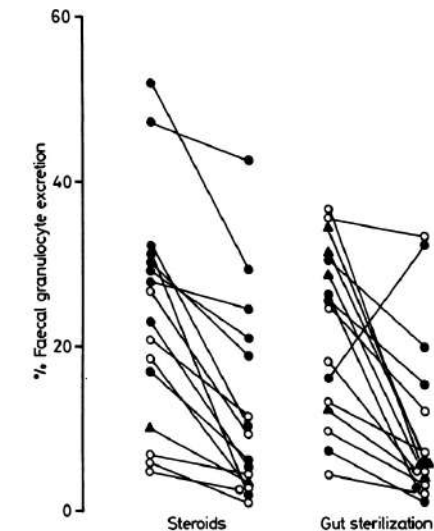


Fig. 2 Faecal granulocyte excretion over four days after injection of  $^{111}\text{In}$ -labelled WBCs, expressed as % of total radioactivity injected.