

MEDICATION EXPOSURE AND THE IMPACT OF CESSATION ON THE LONG-TERM SEVERITY OF MICROSCOPIC COLITIS

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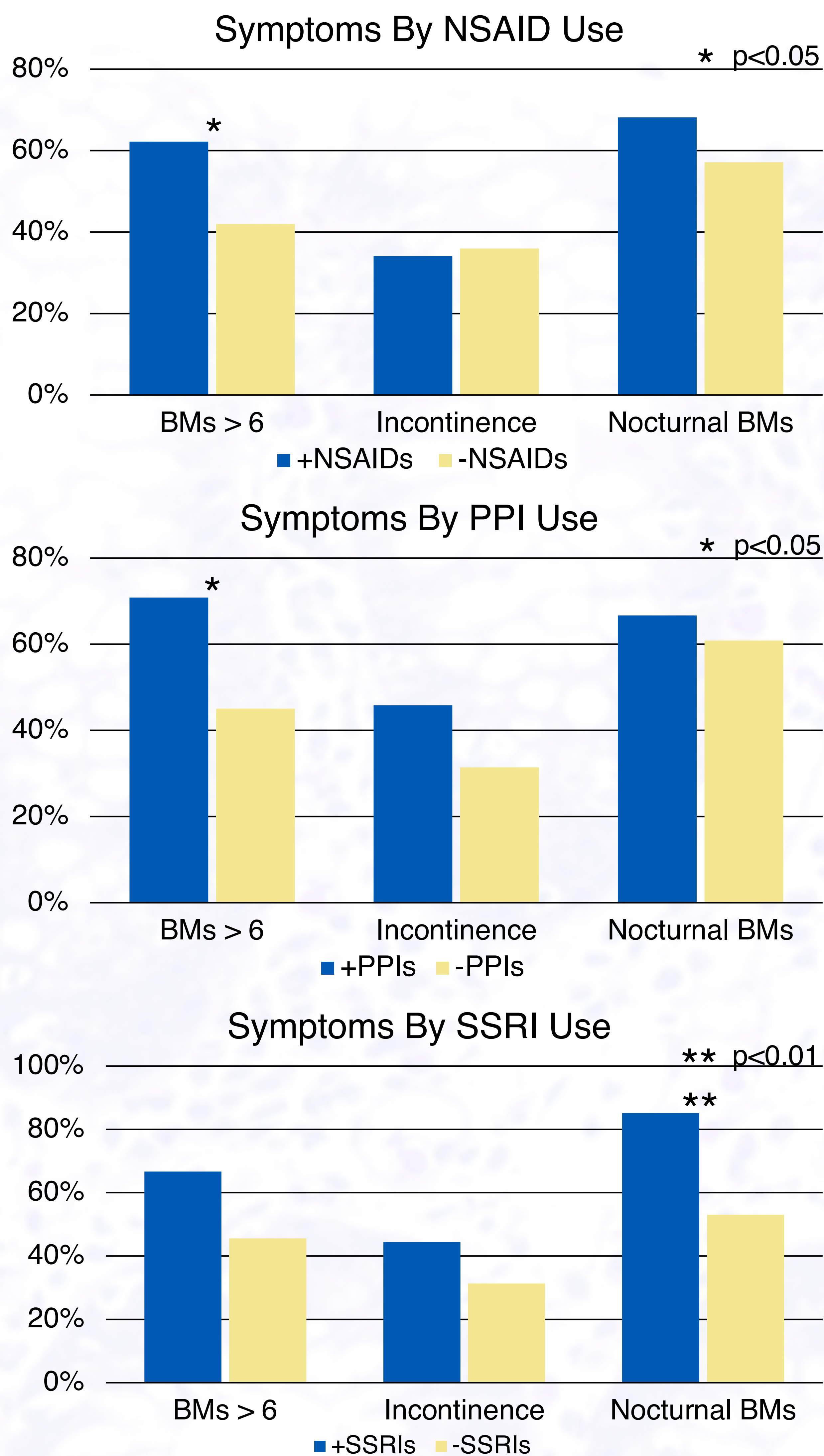
INTRODUCTION

- > Microscopic colitis (MC), an inflammatory bowel disorder, is a common cause of chronic watery diarrhea.
- > Use of medications such as NSAIDs, PPIs and SSRIs has been associated with increased risk of MC.
- > Effect of medications on the severity of symptoms in patients with MC remains unexplored.
- > We evaluated whether use of medications is associated with worsened symptoms at diagnosis of MC.
- > Further, we investigated whether patients who discontinue the above medications have improved symptoms compared to patients who continue taking them.

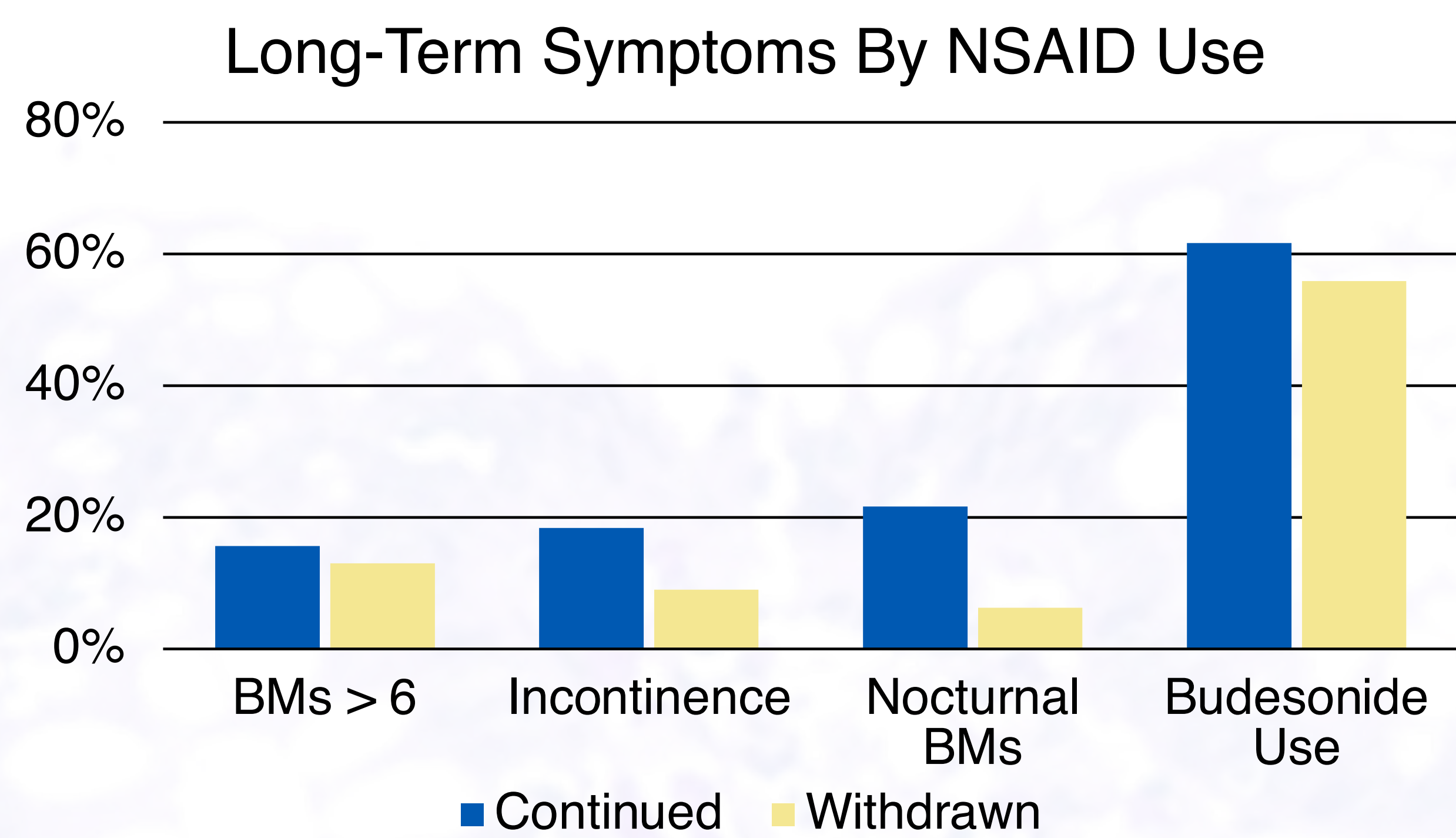
METHODS

- > Patients enrolled in an MC registry within one year of diagnosis were retrospectively identified for inclusion (N=98).
- > Severity of MC was defined by greater than 6 bowel movements (BM) per day, incontinence, nocturnal BMs, or long-term budesonide use.
- > The association between medication use and symptom severity was assessed using chi-squared and Fisher's exact tests.

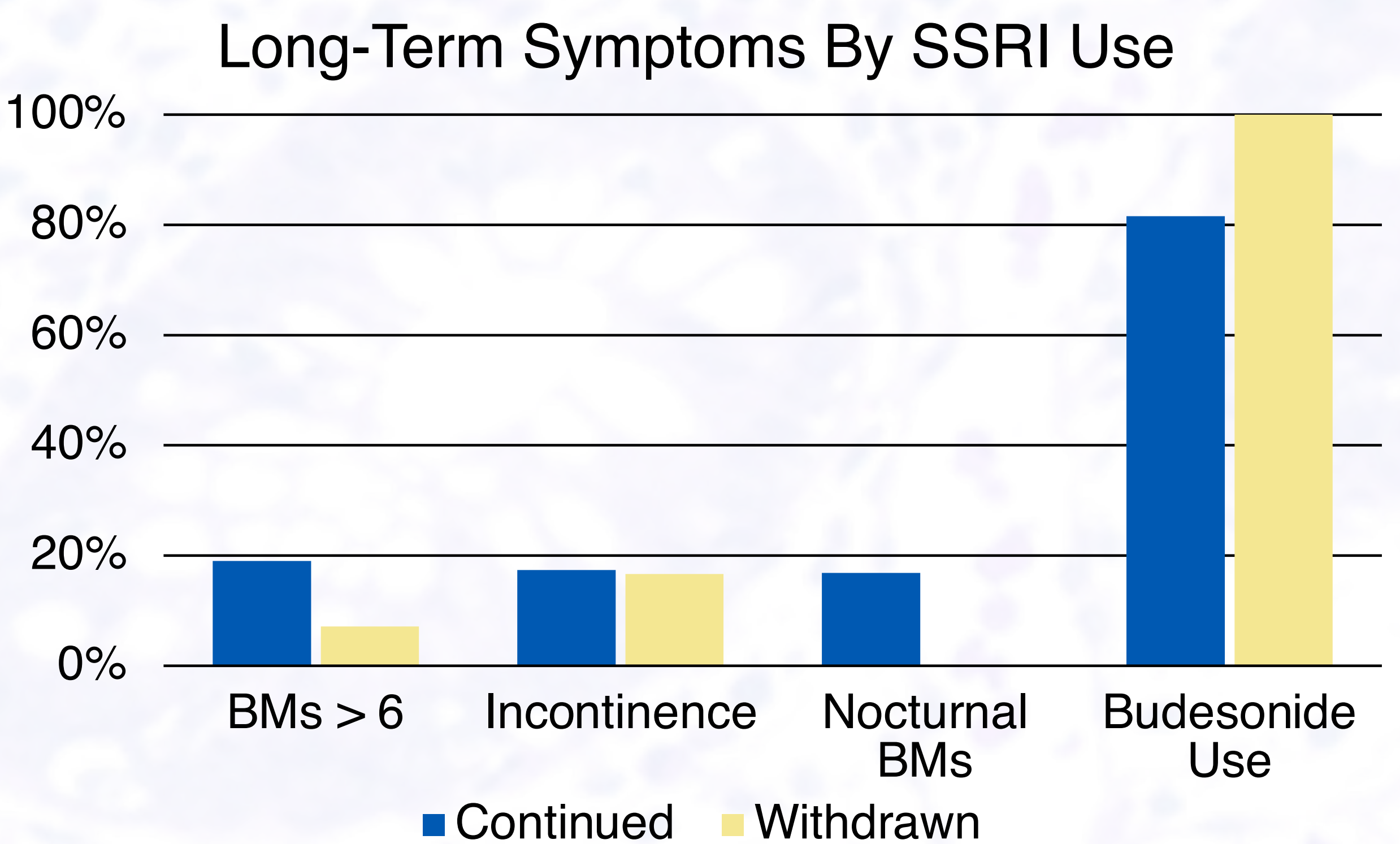
SYMPTOMS AT DIAGNOSIS



MEDICATION WITHDRAWAL



21 of 58 patients on NSAIDs at diagnosis discontinued them during long-term follow-up. No significant difference in long-term outcomes.



6 of 41 patients on SSRIs at diagnosis discontinued them during long-term follow-up. No significant difference in long-term outcomes.

CONCLUSIONS

- > Medications may contribute to the severity of MC symptoms at the time of diagnosis.
- > In patients undergoing standard of care therapy for MC, discontinuation of NSAIDs or SSRIs may not improve outcomes.
- > Further prospective research on medications and their impact on the natural history of MC are needed.

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