Abstract

Background and aims. In a previous uncontrolled experiment, oral vancomycin improved the symptoms (S) of chronic constipation (CC). The aim of this 21 day controlled pilot study was to determine if a low lincomycin dose improved the S of CC patients unresponsive to a high fiber diet. Methods. On days 0-to-10, patients were randomized to 500 mg oral lincomycin + high fiber (L+F) or to placebo + high fiber (P+F). Participants and patients were blinded. From days 10-to-21, patients were continued solely on the high fiber diet. The primary efficacy endpoint was the difference in S between L+F and P+F from days 0-to-21 using a visual analog scale (VAS) calibrated from 0=severe S to 10=asymptomatic. Results. The means of all S were significantly improved by L+F but not by P+F. A significant higher proportion of L+F patients increased the VAS 3 points. Conclusions. The initial course of L facilitated the effect of F probably by its effect on the colon flora. This sequence of flora-altering biologics + F may serve as model to replace chronic use of drugs.

Keywords

Key words. Fibre, antibiotics, lincomycine, chronic constipation.