

Assessment of the probiotic Symprove as a dietary supplement in patients with symptomatic diverticular disease

Submission date 05/02/2013	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 08/02/2013	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 19/12/2017	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

In diverticulosis, small bulges develop in the lining of the large intestine (colon). Diverticulitis is when these bulges become inflamed or infected. Diverticulitis is an extremely common disease particularly found in elderly patients. Many patients with diverticulitis have symptoms such as diarrhoea, constipation and abdominal pain, similar to Irritable Bowel Syndrome (IBS). Different treatments have been proposed but they are unproven or controversial. It is thought that intestinal bacteria may be involved in the symptoms. As the probiotic dietary supplement Symprove has been found to reduce the symptoms of IBS, this study aims to test Symprove in patients with diverticulitis.

Who can participate?

Patients aged between 18 and 80 with diverticulitis.

What does the study involve?

Participants are randomly allocated to be treated with either Symprove or placebo (dummy treatment) for 12 weeks followed by a further 4-week follow-up.

What are the possible benefits and risks of participating?

Symprove may be able to help reduce the severity of diverticular disease symptoms such as pain, diarrhoea, constipation and bloating. There are no known risks of drinking Symprove.

Where is the study run from?

King's College Hospital Gastroenterology Department (UK).

When is the study starting and how long is it expected to run for?

January 2013 to December 2014.

Who is funding the study?

King's College Hospital NHS Foundation Trust (UK).

Who is the main contact?
Prof. Ingvar Bjarnason

Contact information

Type(s)
Scientific

Contact name
Prof Ingvar Bjarnason

Contact details
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Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Assessment of the probiotic Symprove as a dietary supplement in patients with symptomatic diverticular disease: a double blind randomised placebo controlled trial

Study objectives
The probiotic Symprove when taken as a dietary supplement can reduce symptom severity and significantly improve the quality of life (QOL) of patients with symptomatic diverticular disease.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Health Research Authority, NRES Committee London - Riverside, Bristol Research Ethics Committee Centre, 10/12/2012, REC ref: 12/LO/1695, IRAS project ID: 115448

Study design
Double-blind randomised placebo-controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied

Diverticular disease

Interventions

Symprove probiotic dietary supplement (1 ml/kg) or placebo. Following a 1 week run in period, all patients will receive 12 weeks of treatment (either placebo or active treatment) followed by a further 4 week follow up. Patient randomisation in a 2:1 ratio active:placebo.

Intervention Type

Supplement

Primary outcome(s)

Improvement in Global Symptom Severity Score and specific symptom sub-scores (abdominal pain, bloating, stool frequency and stool consistency)

Key secondary outcome(s)

1. Improvement in quality of life (QOL) as measured by a validated QOL questionnaire on week 12 of the study
2. Improvement in Sleep Quality Assessment

Completion date

31/12/2014

Eligibility**Key inclusion criteria**

1. Have a documented episode of diverticulitis as assessed clinically, on CT scans and a raised serological markers of inflammation
2. Have problematic symptoms associated with established diverticular disease
3. Aged between 18 and 80 years
4. Are on no treatment or have been on stable medication for at least 6 weeks for diverticular disease
5. Willing and able to provide a written informed consent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Aged less than 18 years and greater than 80 years
2. Severe disease (ongoing severe active diverticulitis) as defined by hemoglobin < 8.0 g/dl, white blood cell count >20,000 cells/mm³, temperature >38.5°C, albumin < 25 g/dl
3. Diverticular complications such as recto-vaginal or bladder fistula, abscess, etc.
4. Severe respiratory, cardiovascular, neurological, psychiatric, rheumatological diseases
5. Undergone major intestinal resections
6. Patients with malignancy
7. On NSAIDs
8. Pregnancy or actively seeking pregnancy
9. History of intolerance or allergy to probiotics
10. Current drug or alcohol dependence syndrome
11. Pregnancy
12. Patients with severe learning difficulties

Date of first enrolment

01/01/2013

Date of final enrolment

31/12/2014

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

King's College Hospital

London

United Kingdom

SE5 9RS

Sponsor information

Organisation

King's College Hospital (UK)

ROR

<https://ror.org/01qz4yx77>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

King's College Hospital NHS Foundation Trust (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/05/2017		Yes	No
HRA research summary			28/06/2023	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes