

Effect of probiotic *Saccharomyces boulardii* on prevention of antibiotic-associated diarrhea in adult outpatients with amoxicillin treatment

Efecto del probiótico *Saccharomyces boulardii* en la prevención de la diarrea asociada con antibióticos en adultos am

Bravo, María Verónica

Bunout, Daniel

Leiva, Laura

De La Maza, María Pía

Barrera, Gladys

De La Maza, Javier

Hirsch, Sandra

Background: Antibiotic-associated diarrhea is one of the most common adverse effects of antimicrobials. Any antimicrobial can potentially produce diarrhea but beta-lactamics have a higher risk. Among these, amoxicillin is widely indicated in ambulatory practice. One of the alternatives suggested to prevent antibiotic-associated diarrhea, is the use of the probiotic *Saccharomyces boulardii*. **Aim:** To evaluate whether the concomitant use of *Saccharomyces boulardii* and amoxicillin can prevent antibiotic associated diarrhea in ambulatory adults with acute infectious diseases, without provoking other adverse effects. **Material and Methods:** Eighty six adults (aged 15 to 81 years) with acute infectious diseases, excluding those arising in the gastrointestinal tract, that received a prescription of oral amoxicillin for 5 to 10 days, were included. In a controlled randomized, double blind trial, 41 patients were assigned to receive lyophilized *Saccharomyces boulardii* (500 mg/day) during 12 days, a