A DOUBLE-BLIND CLINIC TRIAL ON EFFECT OF PREBIOTIC GALACTOLOSIGOSACCHARIDE IN CHILDREN WITH CONSTIPATION: A PILOT STUDY

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Prebiotics have been showed as useful for softening hard stools in infants. They pass through intestines without suffering digestive action; promote increment in the number of bowel movements and decrease fecal consistency. A single-centre, prospective, double-blind, controlled trial has included 11 patients (4 to 15 years old) with functional constipation and evaluated the effect of prebiotic galactooligosaccharide (GOS) on intestinal symptoms. Each patient was administered with GOS, 6 ml diluted in water, daily and during a 30-day period. Constipation symptoms were evaluated by a score that included bowel movements frequency, fecal consistency, pain or difficulty during stool passage (range value: 0 to 48). The score was calculated at days 0 and 30th. Wilcoxon test was used to compare score values at day 0 and day 30th, there was a significant difference between the values (p= 0.003). As side effects we found that one child reported having liquid stools, two with low flatulence and one with high flatulence. Prebiotic galactooligosaccharide was useful for meliorating constipation symptoms in a group of Brazilian children, so it could be a natural and effective therapeutic alternative.