EFFICACY OF COMBINED NITROIMIDAZOLE AND PROBIOTIC THERAPY OF BACTERIAL VAGINOSIS - RANDOMIZED OPEN TRIAL

In this study, 539 women affected by bacterial vaginosis were treated as follows:

1) A first group (242) was treated by 2 g (twice a day) of tinidazole for 2 days and vaginal ovules of 1,000 mg/day of metronidazole (on the 1st and 3rd day) (T+M).

2) A second group (297) was treated with the same therapy but a vaginal probiotic containing live lactobacilli (Lactobacillus acidophilus and Lactobacillus rhamnosus) was combined with the therapy starting from the fifth day (T+M+P).

The therapy efficacy was evaluated by considering women compliance, the results of clinical evaluations and the results of microbiological tests.

The results have highlighted that the clinical efficacy of the therapy (Amsel clinical criteria) increased from 42.8% (T+M; n = 211/242) to 84.06% (T+M+P; n = 274/297) and microbiological efficacy (Nugent grade) increased from 44.7% (T+M; n = 211/242) to 83.3% (T+M+P; n = 274/297) at follow-up (35-40 days since the beginning of the treatment).

The percentage of women with a normal vaginal flora after 35-40 days accounted for 57% in the first group (T+M) and 94% in the second group that had combined the therapy with probiotic (T+M+P).

The authors of the research concluded that the assumption of probiotics during a pharmacological therapy has increased its clinical and microbiological efficacy and has restored a permanent normal vaginal flora.