

Probiotics

- “Live microorganisms which when administered in adequate amounts confer a health benefit on the host” [1]
- Generally unknown mechanisms, vary by preparation, species
- Common uses [2]: antibiotic-associated diarrhea, traveler’s diarrhea, BV, infectious mastitis, hypercholesterolemia
- Common adverse effects [2]: GI complaints, rash



[1] Hill C, Guarner F, Reid G, Gibson GR, Merenstein DJ, Pot B, Morelli L, Canani RB, Flint HJ, Salminen S, Calder PC, Sanders ME. Expert consensus document. The International Scientific Association for Probiotics and Prebiotics consensus statement on the scope and appropriate use of the term probiotic. Nat Rev Gastroenterol Hepatol. 2014 Aug;11(8):506-14. doi: 10.1038/nrgastro.2014.66. Epub 2014 Jun 10. PMID: 24912386.

[2] DynaMed. Probiotics. EBSCO Information Services. Accessed July 11, 2021. <https://www.dynamed.com/drug-review/probiotics>

Case 1

Initial Presentation

- Jeff Dinir is a 10 month old uncircumcised male who presents to the primary care office for follow up after hospitalization for a UTI.
- He had a normal renal/bladder ultrasound and was started on a course of cefdinir.
- Jeff's father mentions loose stools and asks whether he should be giving Jeff probiotics.

