

Probiotics in Pediatric Patients

Objectives

- Review the basics of the human microbiome and probiotics
- Understand the efficacy of probiotics for prevention of antibiotic-associated diarrhea
- Understand the efficacy of probiotics for illness prevention (URI, GI infection, acute otitis media)

Take Aways for Pediatric Clinicians

1. High quality, high level of evidence exists showing that specific probiotics may reduce risk of antibiotic associated diarrhea in children older than 6 months
2. There is less reliability of evidence for probiotics for illness prevention
3. Consider the individual patient, their risks for diarrhea/infection when deciding to recommend probiotics

