

Do probiotics/synbiotics reduce postoperative infection rates following elective colorectal surgery?

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Key takeaways

- Perioperative probiotics/synbiotics **nearly halve** total postoperative **infection rates** within 30 days of elective colorectal surgery.
- Optimal regimens have not been determined and further work is required prior to perioperative probiotics/synbiotics being implemented into clinical practice.

Introduction

Postoperative infections are common in elective colorectal surgery despite advances in surgical technique and perioperative care.

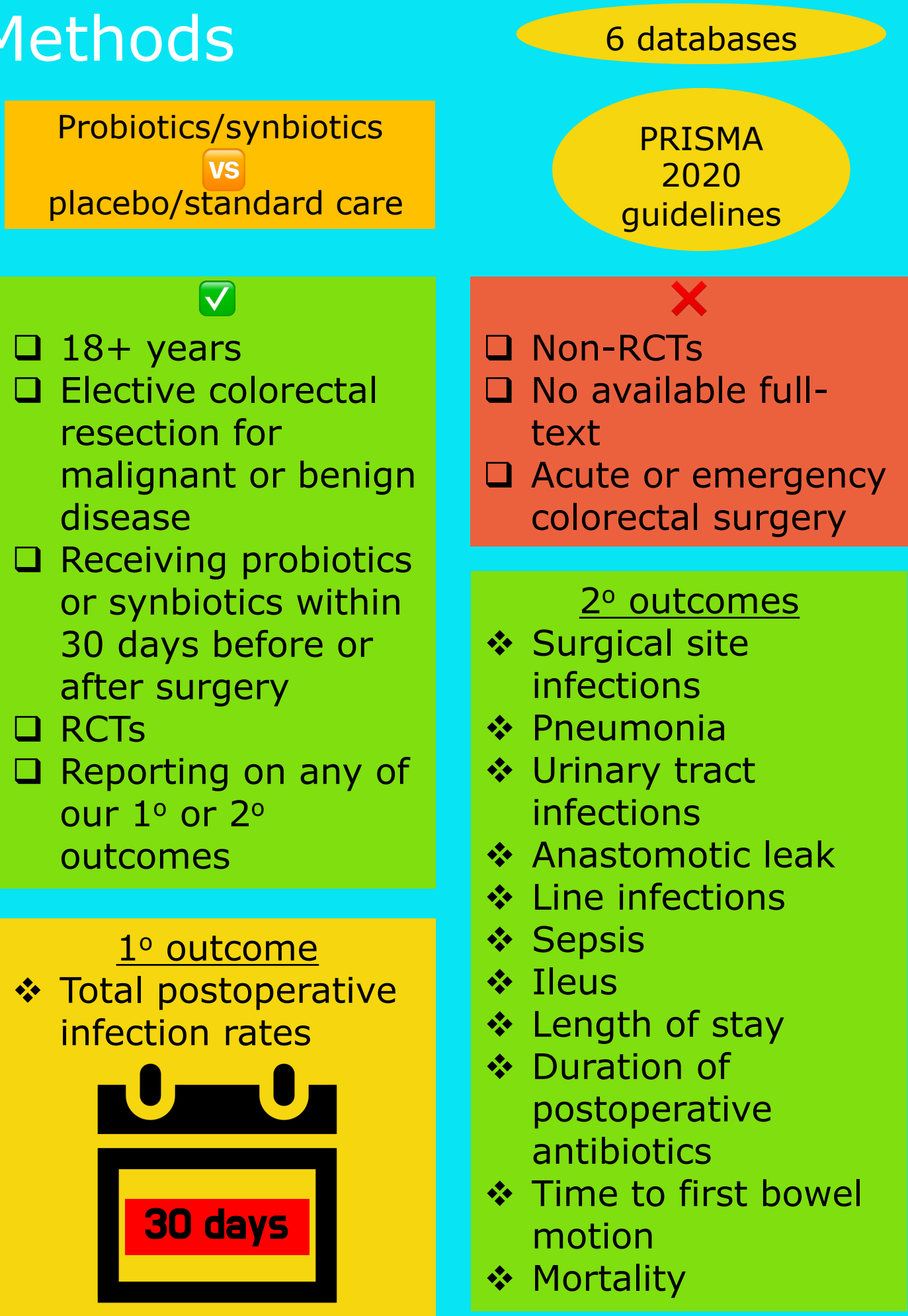
Is the gut microbiome an underappreciated source of postoperative infections?

Can perioperative probiotics/synbiotics ↓ postoperative infections by optimising the gut microbiome?

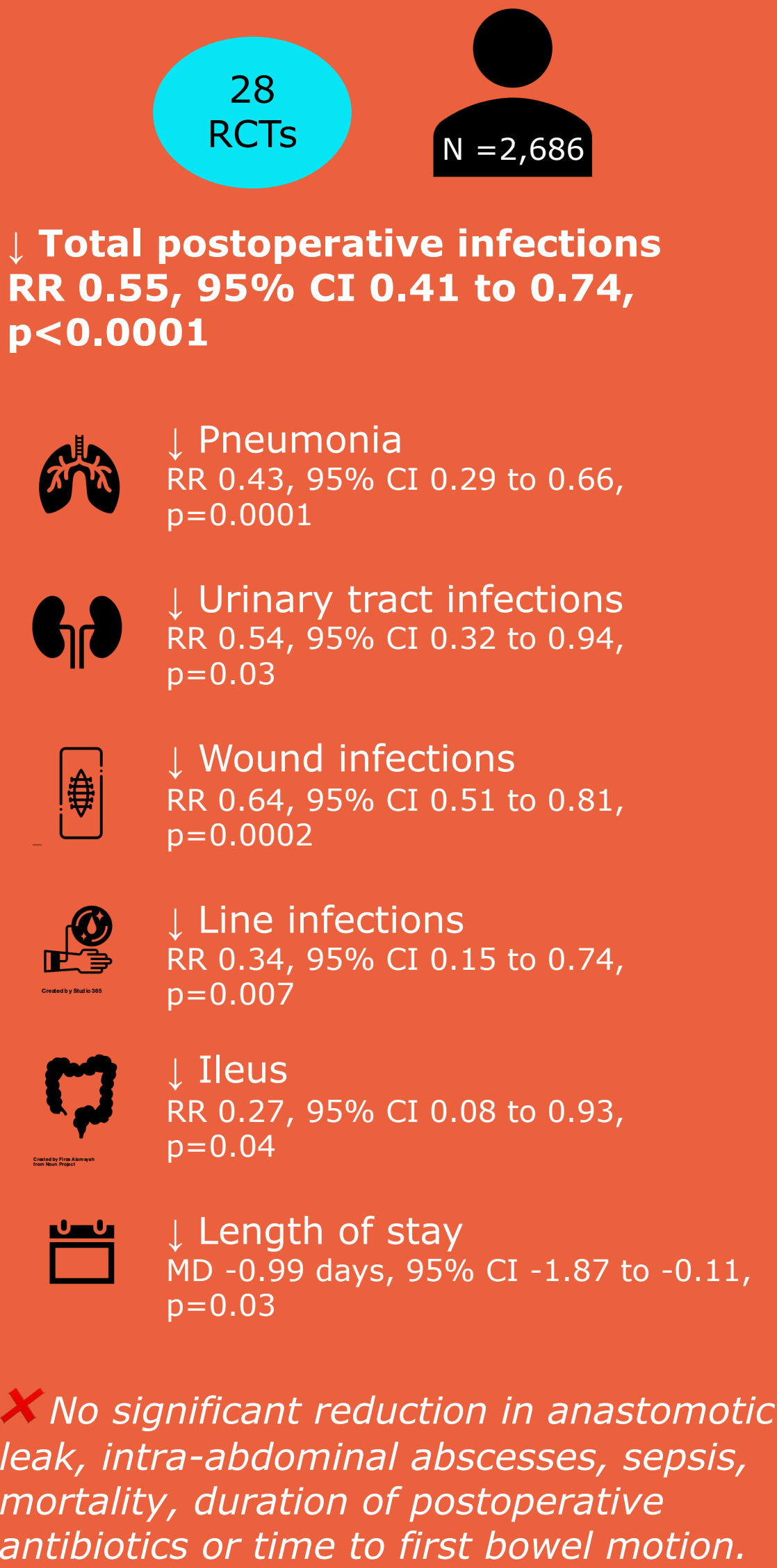
Aim

Conduct a **systematic review** and **meta-analysis** on the efficacy of perioperative probiotics or synbiotics on postoperative infection rates within 30 days of elective colorectal surgery.

Methods



Results



Conclusions

Perioperative probiotics/synbiotics significantly ↓ total postoperative infection rates within 30 days of elective colorectal surgery.

Future research should focus on high quality RCTs with detailed descriptions of regimens and clearly defined postoperative infection criteria.

Wound, line and ileus icons from Noun Project CC BY 3.0