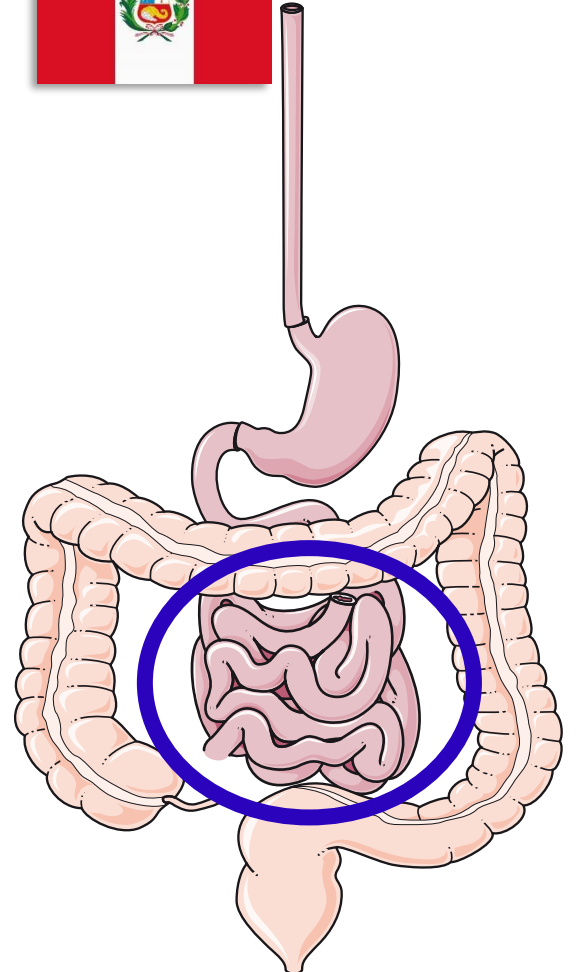


Sobrecrecimiento bacteriano Del intestino delgado



William Otero R MD, FAGA, FASGE, FACP
Profesor Titular de Medicina,
Universidad Nacional de Colombia
Hospital Universitario Nacional de Colombia



Gran impacto
Subdiagnosticado

Conflicto de intereses
Conferencista, Bristol
Takeda, Abbott, Tecnoquimica
Tecnofarma, Menarini, Procaps

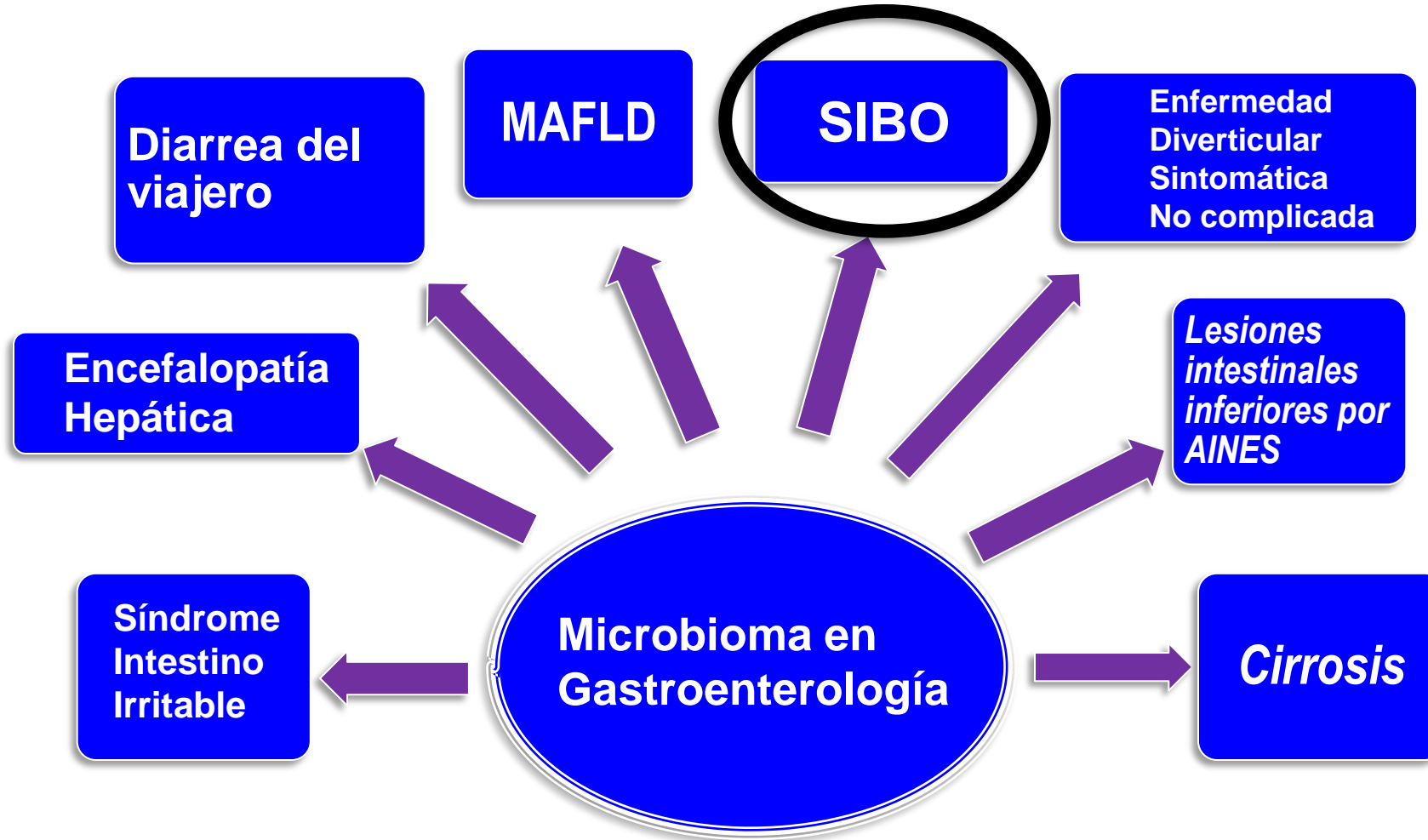
Esta actividad es asuspiciada por
Tecnofarma sin injerencia en su contenido

SIBO



1897, Faber
“Síndrome de asa ciega”

Barrett CR., Et al. Am. J. Med. 1966;41:629-37.
Neale G. et al. Am. J. Clin. Nutr. 1972;25:1409-17



**Sobrecrecimiento intestinal
Disbiosis**



“Abundancia microorganismos tracto GI”



**SIBO
Sobrecrecimiento
Bacterias intestino delgado**



Diarrea

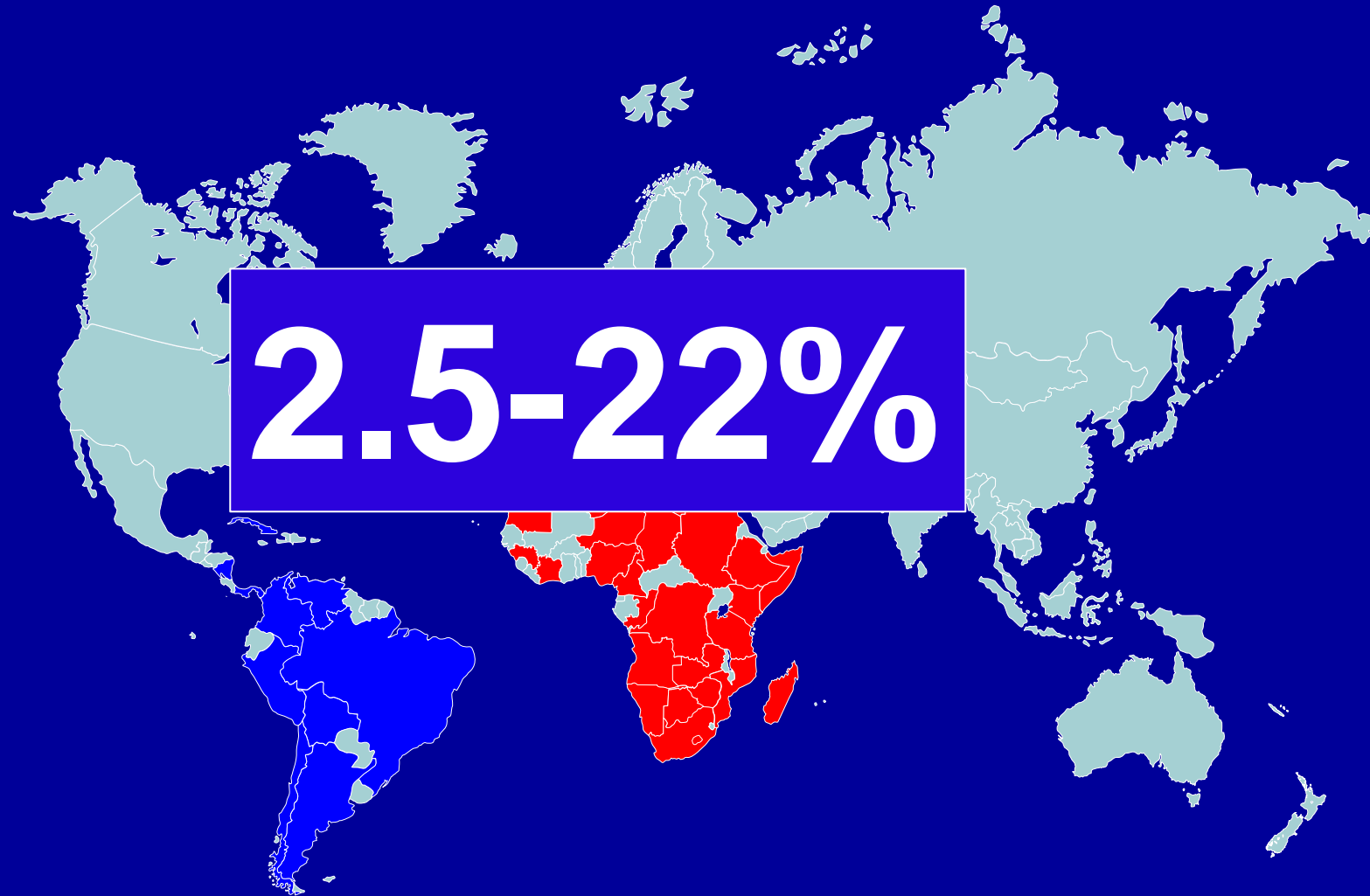


**M-SIBO, IMO
Sobrecrecimiento
Microorganismos CH4**



Estreñimiento

SIBO



Achufusi, TGO, et al. *Cureus* 2020;12:e8860

Grace, E, et al. *Aliment. Pharmacol. Ther* 2013;38:674-88.

M-SIBO asociado a CH₄

IMO

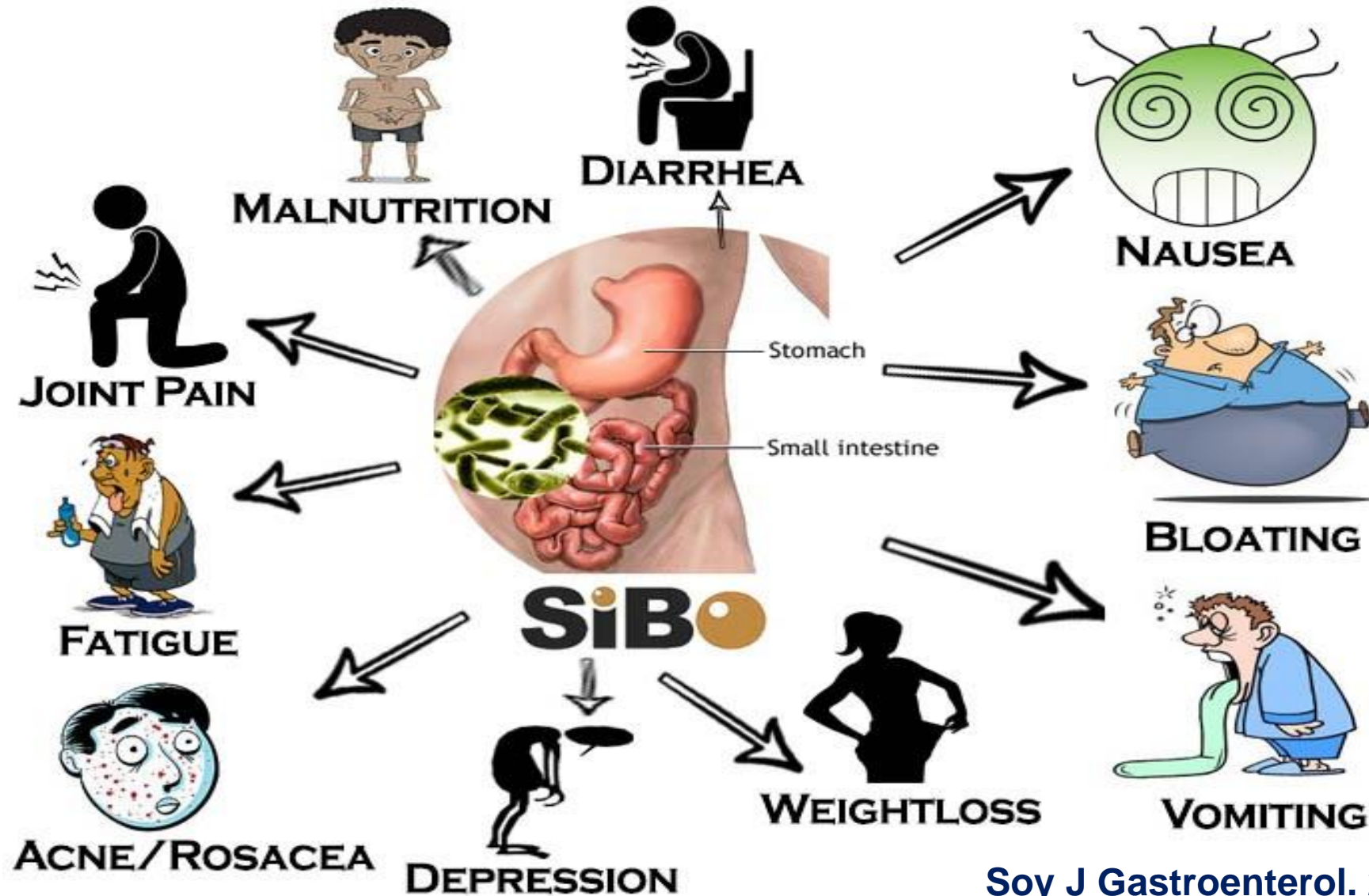
Methanosphaera stadtmaniae
Methanobrevibacter smithii

Estreñimiento

Neurotransmisor anticolinérgico
Sistema nerviosos entérico

Pimentel M, Am J Physiol Gastrointest Liver Physiol 2006;290:G1089-95
Park YM, Neurogastroenterol Motil 2017;29:e113077
Suri J, Med (Baltimore) 2018;97:10554

Manifestaciones Clínicas



Sobre-crecimiento bacteriano del ID (SIBO)

Diarrea

Mala digestión

Esteatorrea

Severos

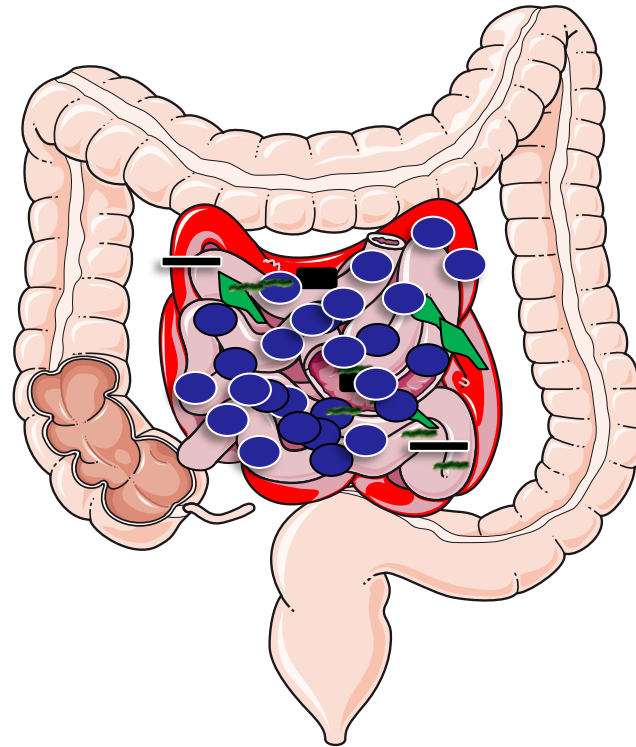
Mala absorción

A,D,E, hierro, B12,
Acido fólico, K

Enteropatía proteínas

Aeróbicas

Anaeróbicas



Dolor abdominal

Bloating

Sensación llenura

Diarrea, estreñimiento

Flatulencia

Debilidad

73%

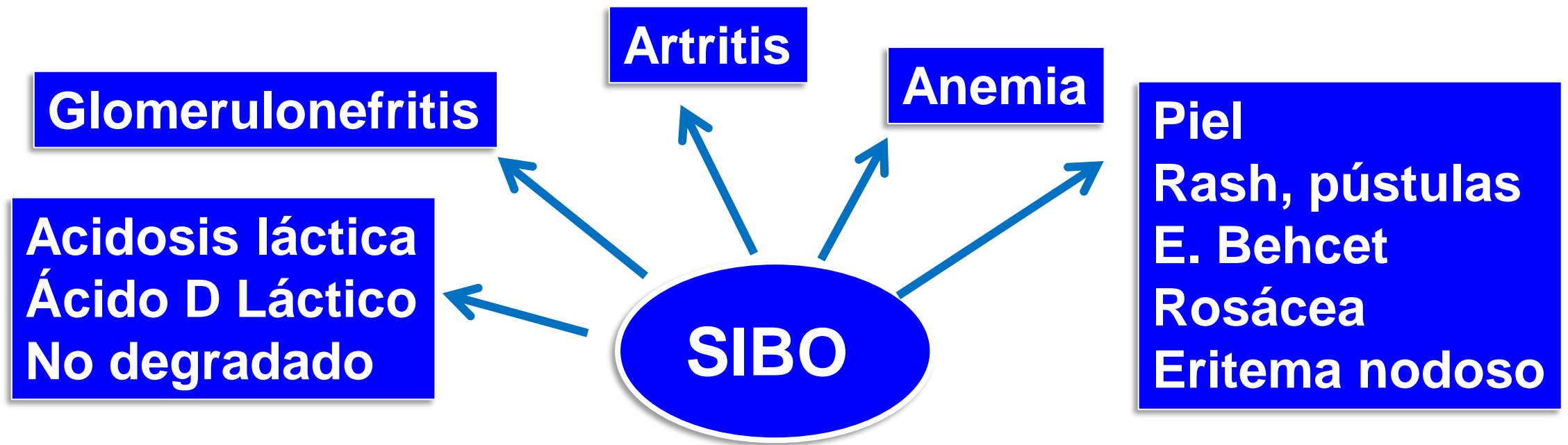
No mala-absorción

Inducir,

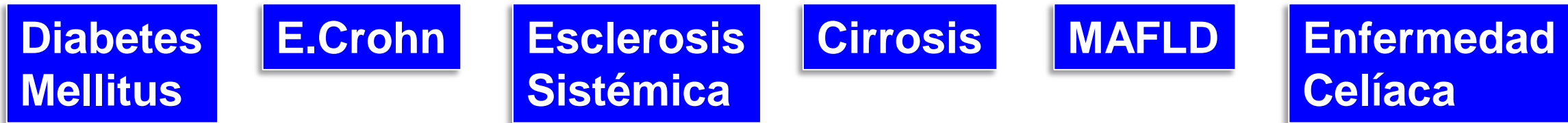
Exacerbar

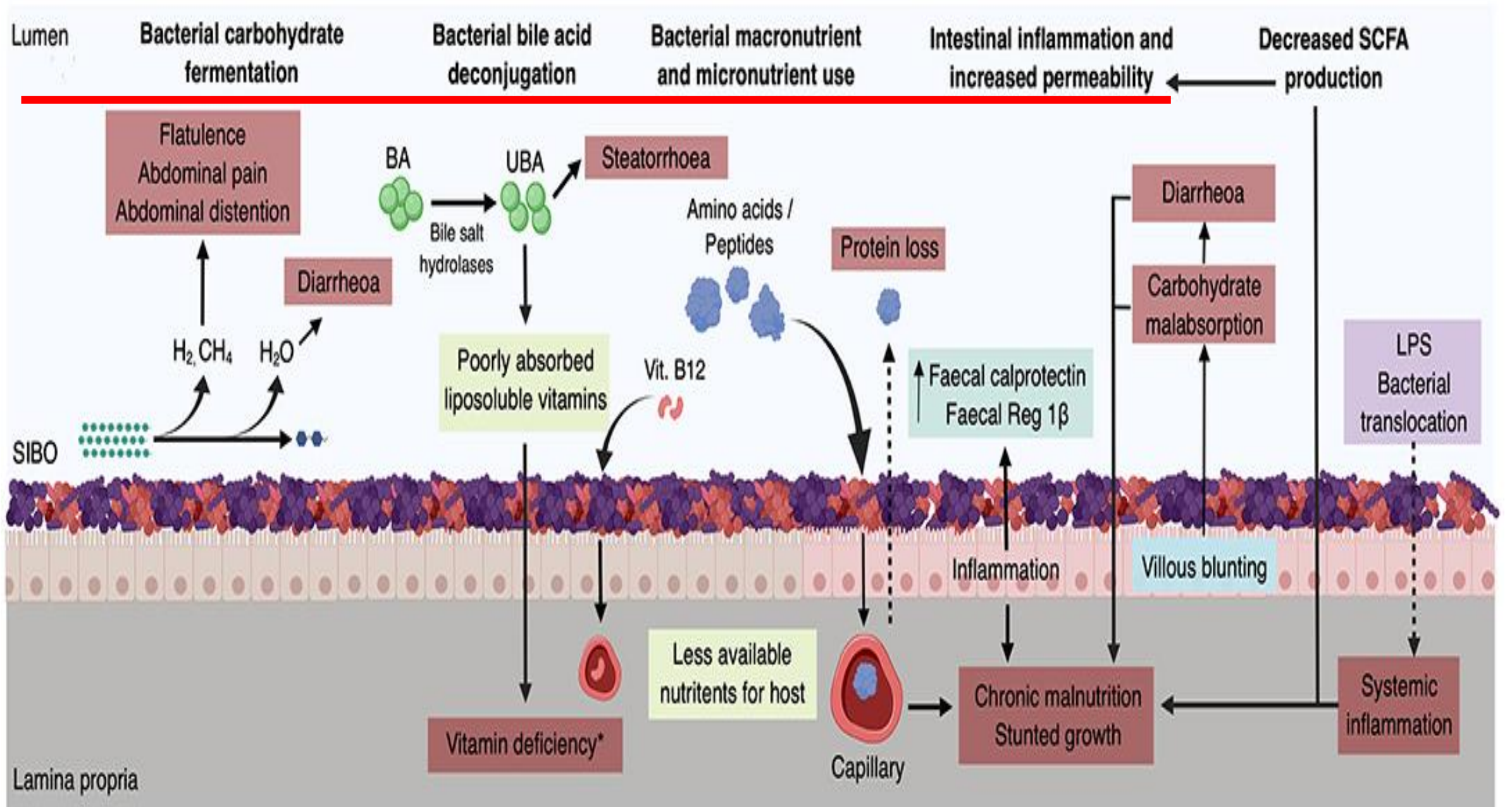
Enfermedades

Subyacentes



Empeoramiento de patologías crónicas





Condiciones Asociadas con Sobrecrecimiento Intestinal

Category	Specific condition
Mechanical causes	Small bowel tumor Volvulus Intussusception Postsurgical causes
Systemic disease	Diabetes Scleroderma Amyloidosis
Motility	IBS Pseudo-obstruction Visceral myopathies Mitochondrial diseases
Medications	Opiates Potent antisecretory agents
Malabsorptive conditions	Pancreatic insufficiency Cirrhosis (altered bile acid composition) Other malabsorptive conditions
Immune-related	Human immunodeficiency virus Combined variable immunodeficiency IgA deficiency
Other	Aging (the elderly) Small bowel diverticulosis




SIBO: Afecta la salud pública!

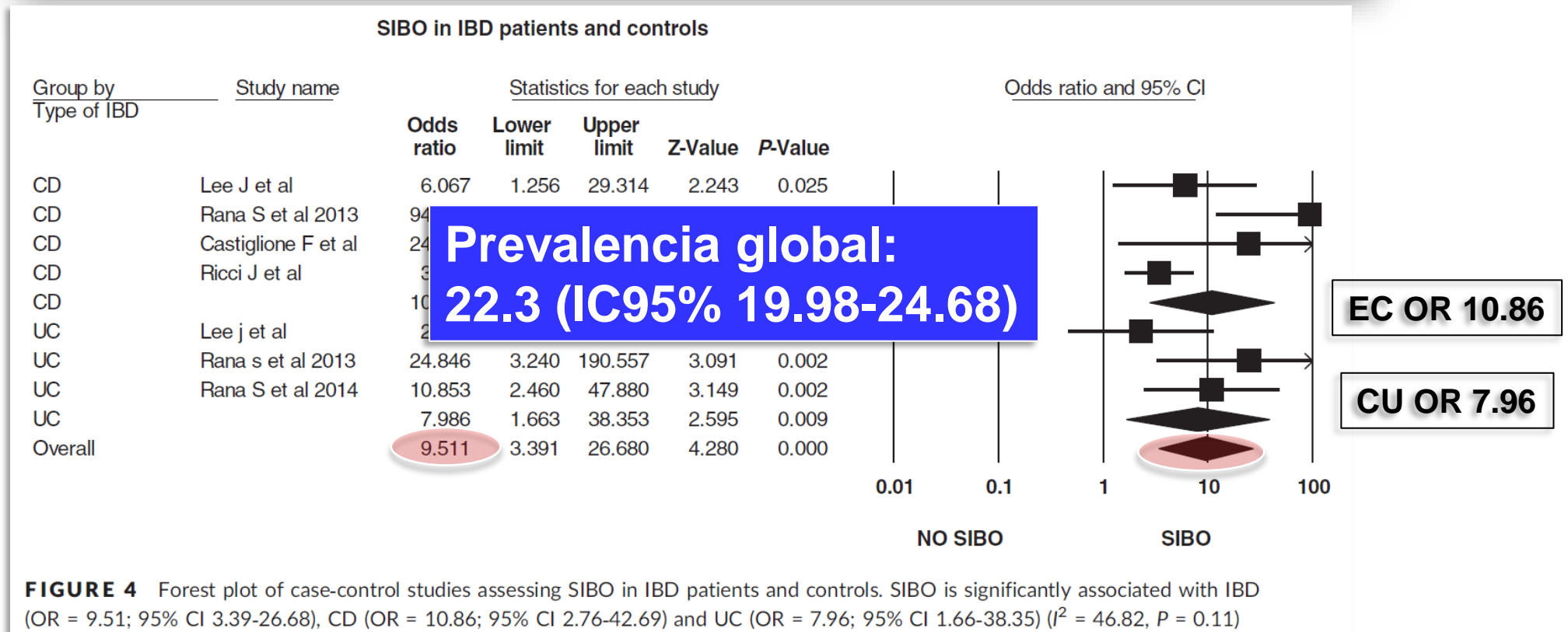
Entidades	%
Síndrome de Intestino irritable	30-85%
Enfermedad celíaca	9-55%
E. De Crohn	25%
MAFLD/NASH	>50%
Esclerodermia	90%
Diabetes mellitus	60%
Cirrosis	60%
Fibromialgia	100%
Pancreatitis crónica	92%
Obesidad	60%
EII	22%

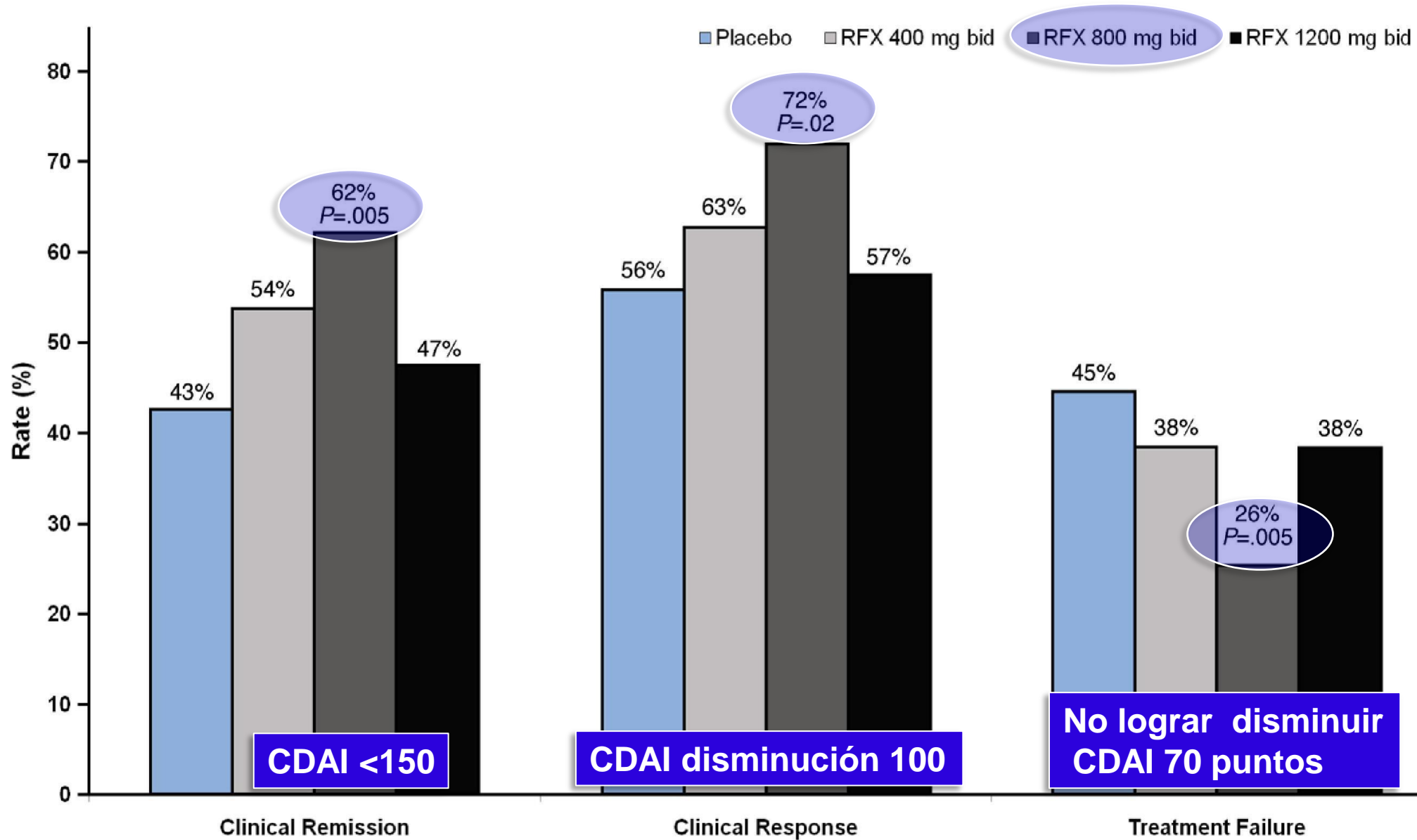
Otero W, Otero L. McGraw Hill México 2016

Forsmark CE. Curr Treat Options Gastroenterol. 2018;16:306–15

Systematic review and meta-analysis: the prevalence of small intestinal bacterial overgrowth in inflammatory bowel disease

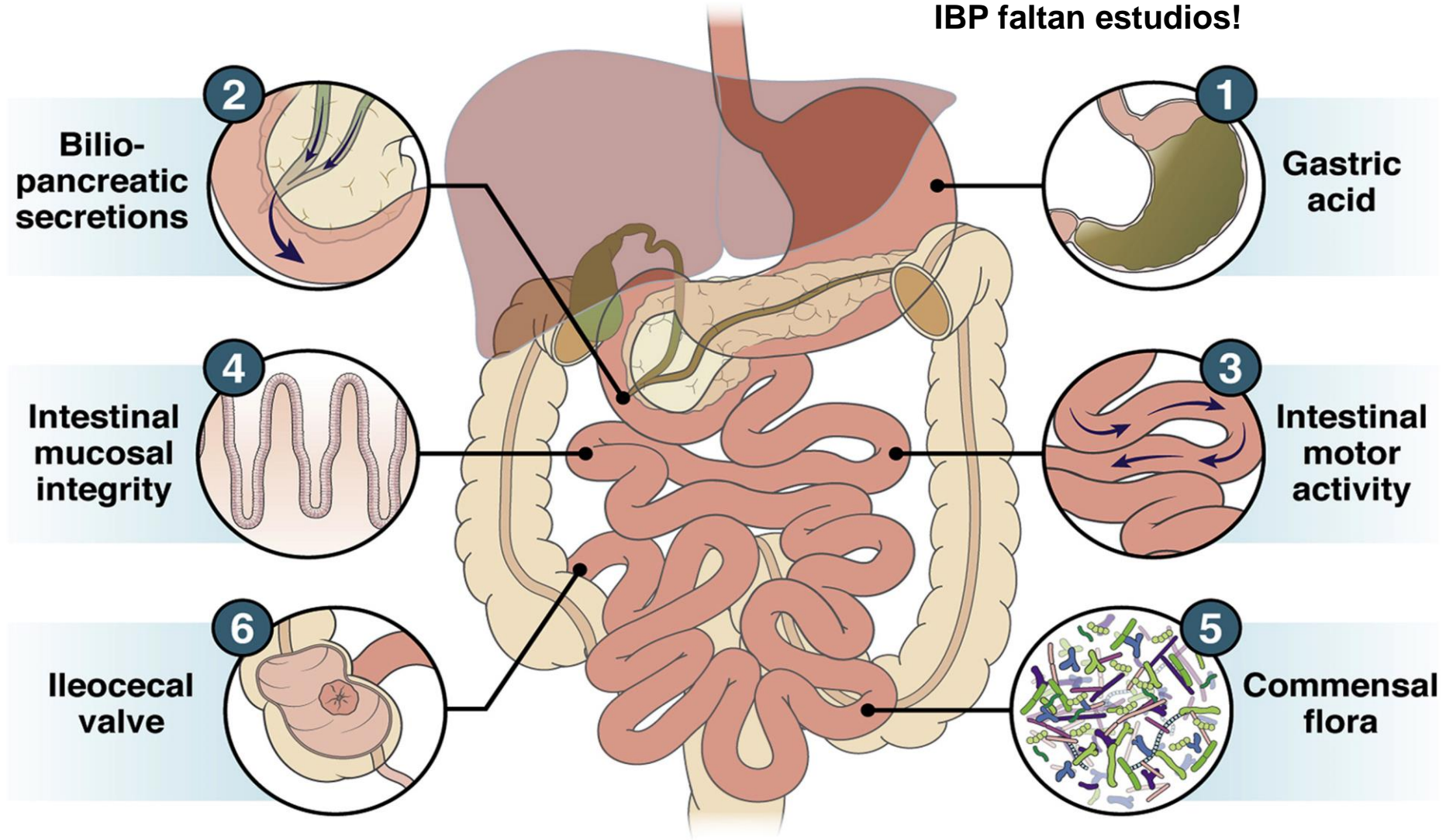
Ayesha Shah^{1,2,3} | Mark Morrison⁴ | Daniel Burger^{1,2} | Neal Martin^{1,2} | Justin Rich^{1,2} |
 Mike Jones⁵ | Natasha Koloski^{2,4}  | Marjorie M. Walker⁶  | Nicholas J. Talley⁶ |
 Gerald J. Holtmann^{1,2,3} 





Factores protectores para SIBO

Su T, J Gastroenterology 2018;8:53:27-36
IBP faltan estudios!



Bushyhead D, Gastroenterology 2022;163:593-607

SIBO

**Estasis del
Intestino delgado**

**Comunicación anormal
GI superior-GI inferior**



Causas anatómicas

Diverticulosis ID

Asas ciegas QX

Estenosis: cirugía

Crohn, radioterapia

Motilidad Alterada

Diabetes mellitus

Esclerodermia

Crohn radioterapia

Fístulas

Gastro-cólica

Yeyuno-cólica

Resección válvula ileocecal

Roland BC, Dig Dis Sci 2014;59:1269-75

Bures J, World J Gastroenterol 2010;16:2978-86

Miazga A, Adv Med sci 2015;60:118-24

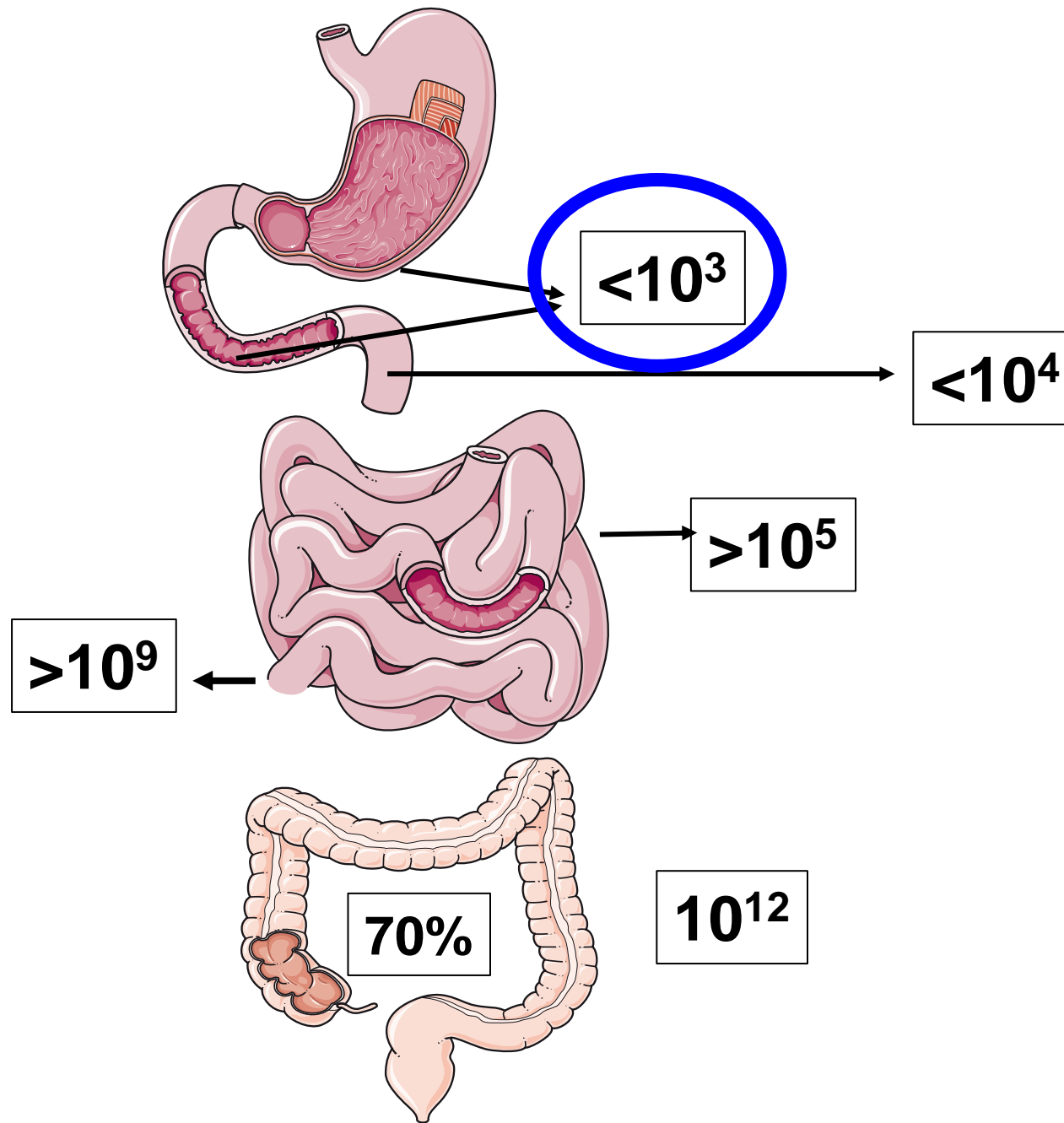
SIBO Diagnóstico

Diagnóstico

**Cultivo aspirado
de Intestino
delgado**

**Test respiratorio
de hidrogeno
espirado (TRHE)**

**Prueba
Terapéutica**





$>10^3$

SIBO: diagnóstico

Cultivo de aspirado de yeyuno

>10³ bacterias /mL, Antes 10⁵

Cuestionado

Endoscopia alta

Técnicas microbiológicas estrictas, falsos (+)

El sobrecrecimiento es en parches, falsos (-)

Pobre reproductibilidad

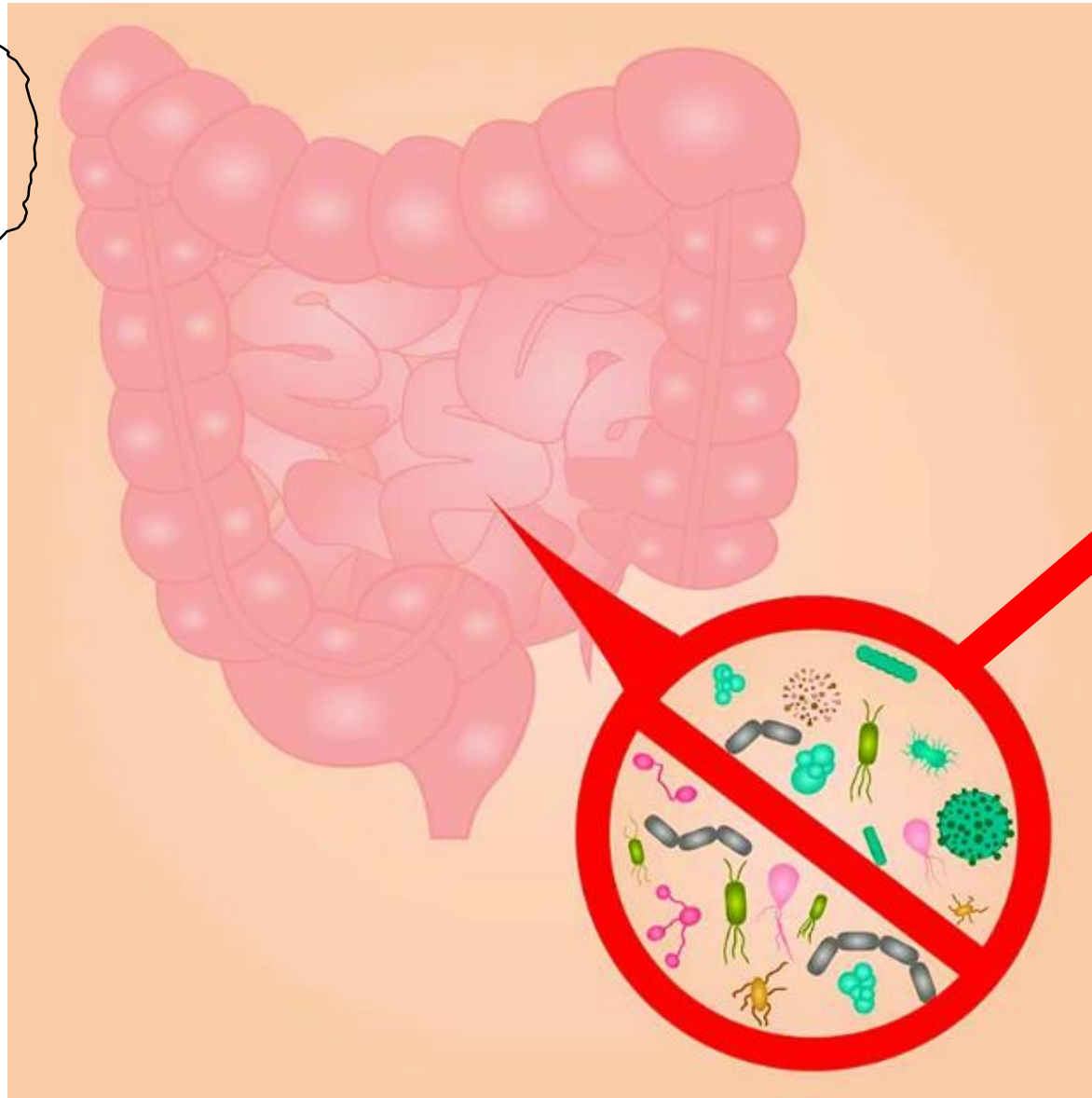
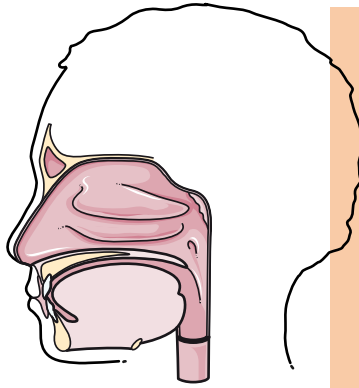
Test respiratorio de H₂, CH₄

Yamini D, J Clin Gastroenterol 2010;44:672-5

Baker JC, Am J Gastroenterol 2015;110:S1004

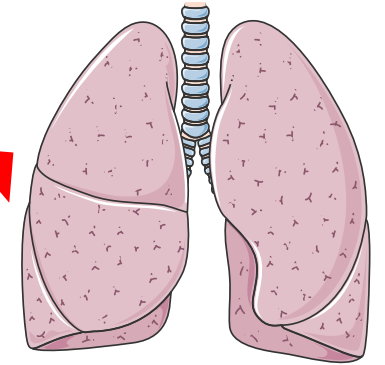
Erdogan A, Neurogastroenterol Motil 2015;27:481-9

Carbohidratos



**9-16% población
asintomática**

**H₂,
CH₄**

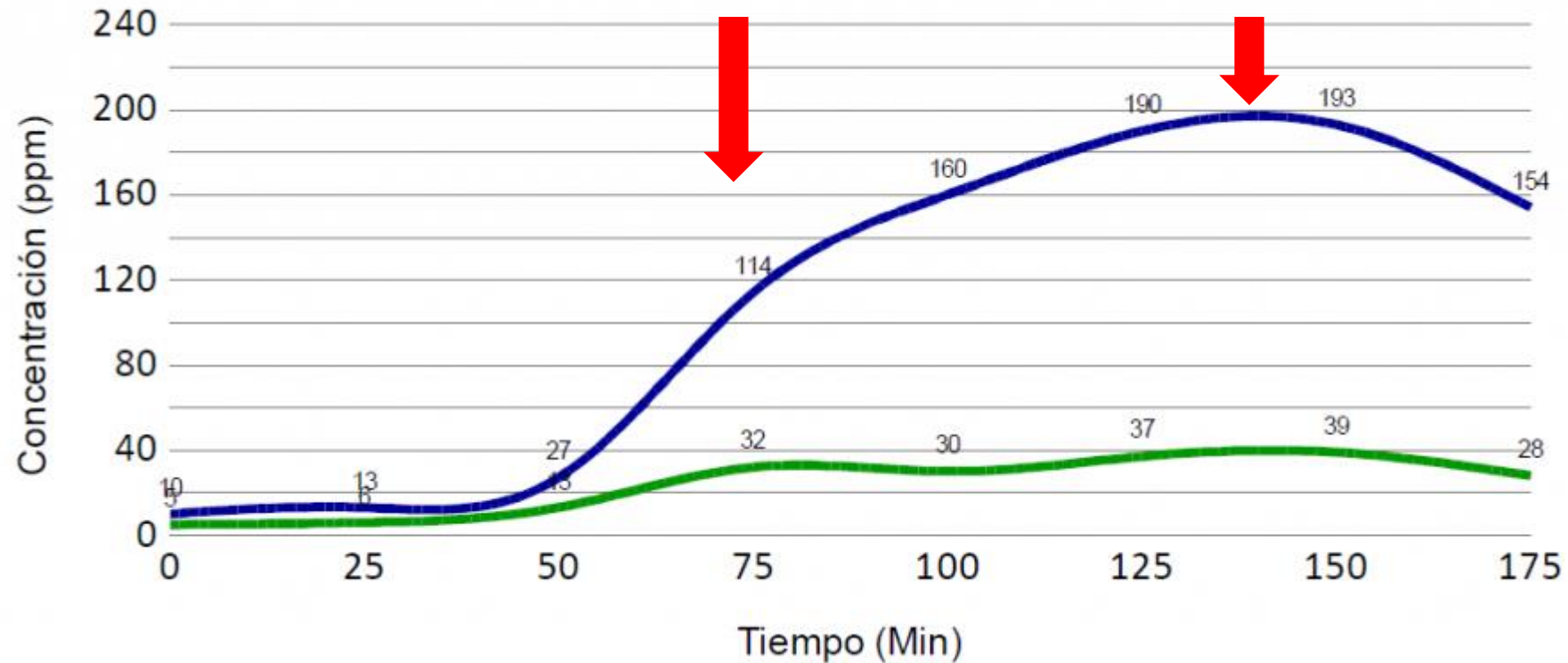


H₂S

**Hylemon PB, FEBS Lett 2018;592:2070–82
Takakura W, et al. Front Psychiatry 2020:11.**

Test de aliento

H₂ y CH₄ en función del tiempo



H₂ >20 ppm

CH₄ >10 ppm

H₂S

Table 1. Recommended preparation for breath testing.

Period before the Breath Test	Drugs/Activities to Be Avoided
4 weeks	Oral or intravenous antibiotics Prokinetic agents
2 weeks	Probiotics
1 week	Proton pump inhibitors
48 h	Motility regulators: loperamide, metoclopramide, trimebutine
24 h	Alcohol Fiber (particularly non-soluble fiber)
12 h	Oral food intake (only water is allowed)
The morning on the day of the test	Smoking Physical exertion Food Regularly used medications are allowed

Massey, BT. Dig Dis. Sci 2021;66: 338-47.

Camilleri M, et al. Dig. Dis. Sci 2021;66:331-33

Rendimiento

Diagnostic tests for SIBO	Reference standard	Sensitivity/specificity	Limitations
Small bowel culture	Not established	Not established	Specimen contamination by oropharyngeal flora Invasive Cost False negative from patchy distribution of SIBO Lack of standardized methodology
Glucose hydrogen breath test	Small bowel culture	20%–93%/30%–86%	Need for strict dietary modification False positive from glucose malabsorption
Lactulose hydrogen breath test	Small bowel culture	31%–68%/30%–86%	Need for strict dietary modification False positive from accelerated orocecal transit time

Bushyhead D, Gastroenterology 2022;163:593–607

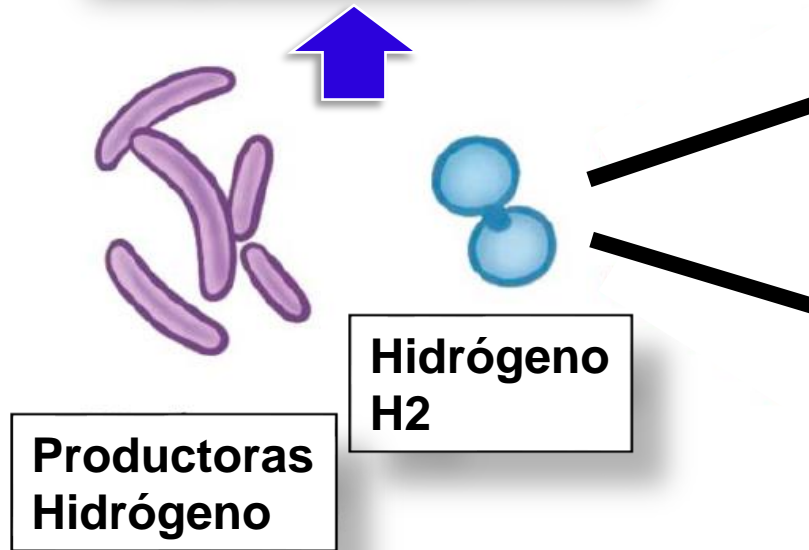
Test de aliento

	%SE	%ESP	VPP	VPN	Precisión Diagnostica %
Glucosa	62.5	81.8	80.0	65.5	71.7
Lactulosa	52.4	85.7	61.5	53.6	55.3

Pimentel M, Am J Gastroenterol. 2020;115:165-78.

Dinàmica incompleta de la Fermentaci3n intestinal

No correlaci3n entre H2 y Sntomas



**No
FDA**

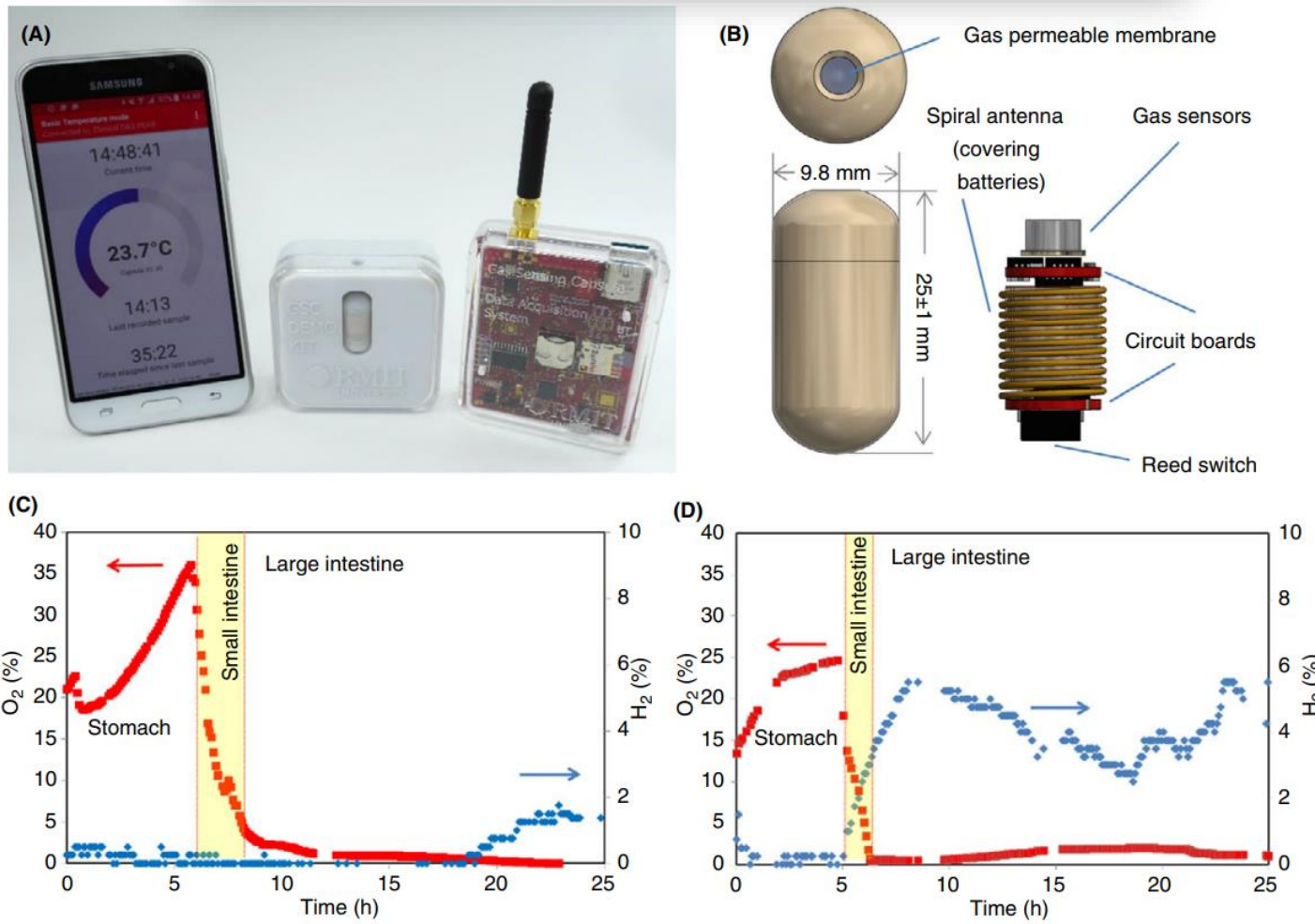
Table 2. Comparison of commercial entity diagnostic criteria for the positive diagnosis of intestinal overgrowth^a

	Commercial diagnostic cutoffs for intestinal overgrowth	Cutoffs in concordance with the ACG guidelines?	Length of test and other notes	Out-of-pocket cost ^b
Aerodiagnostics	H ₂ : Change from baseline ≥20 CH ₄ : Rise ≥12 ppm H ₂ + CH ₄ : Level ≥15 ppm “may be suggestive” of SIBO	No	180 min (CH ₄ level ≥3 ppm with presence of constipation suggestive of SIBO)	\$209.74 (continental US) \$260.00 (outside continental US)
Commonwealth Diagnostics International, Inc.	H ₂ : Change from baseline ≥20 ppm CH ₄ : ≥10 ppm at 90 min H ₂ + CH ₄ : Change from baseline ≥15 ppm	No	135 min	\$175.00
Gemelli (trio-smart)	H ₂ : Change from baseline ≥20 ppm CH ₄ : Level ≥10 ppm at any time H ₂ S: ≥3 ppm at any time	Yes	120 min Offers telehealth service to guide use	\$289.00
Genova Diagnostics	H ₂ : Change from baseline ≥20 ppm CH ₄ : Level ≥10 ppm	Yes	120 or 180 min Lists H ₂ + CH ₄ level, but this is not a diagnostic criterion	\$235.00 (listed on third-party site)
Metabolic Solutions, Inc.	H ₂ : Change from baseline ≥20 ppm CH ₄ : Change from baseline ≥10 ppm	No	90 min glucose BT only	\$159.00
QuinTron	H ₂ : Change from baseline ≥20 ppm CH ₄ : Level ≥12 ppm H ₂ + CH ₄ ≥ 15 ppm (12) “may suggest the presence” of SIBO	No	180 min Glucose BT only Portable analyzer available for purchase	\$215.00

Liu JJ, Am J Gastroenterol 2022;117:1390-93.

The safety and sensitivity of a telemetric capsule to monitor gastrointestinal hydrogen production in vivo in healthy subjects: a pilot trial comparison to concurrent breath analysis

Kyle J. Berean¹ | Nam Ha¹ | Jian Zhen Ou¹ | Adam F. Chrimes¹ | Danilla Grando² |
Chu K. Yao³ | Jane G. Muir³ | Stephanie A. Ward⁴ | Rebecca E. Burgell³ |
Peter R. Gibson³ | Kourosh Kalantar-Zadeh^{1,5}





SIBO en el Mundo real

Síntomas
Bloating Diarrea
Dolor abdominal,
Perdida de peso



**Condiciones
Predisponentes**

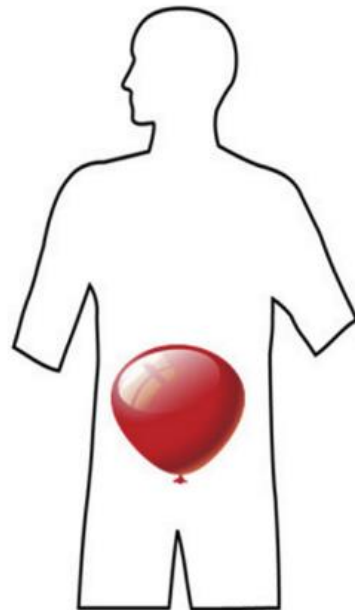


**Tratamiento
Antibióticos**

Piedra angular



**Surgimiento resistencia
Bacteriana, *C. difficile***



Bloating
(subjective distension)

Yamini D, J Clin Gastroenterol 2010;44:672-5
Baker JC, Am J Gastroenterol 2015;110:S1004
Rezaie A, Curr Gastroenterol Rep 2016;18:8

Rifaximina



Ford AC, et al, Am J Gastroenterol 2018;113:1-18.
Rezaie A, Am J Gastroenterol 2019;114:1886-1893
Black CJ, et al, Gut 2019;0:1-9
Pimentel M, et al, N Engl J Med 2011;364:22-32.

Rifaximina

Múltiples efectos biológicos



Actúa tópicamente

Reduce virulencia ciertas bacteria

Reduce unión bacteria-mucosa

Eubiótico

>>> *Lactobacilo*

>>> *Bifidobacterium*

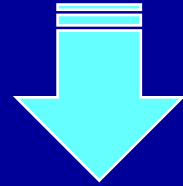
>>> *Faecalobacterium prausnitzii*

Chey WD, Therap Adv Gastroenterol 2020;13:1756284819897531

Ponziani FR, Dig Dis 2016;34:269-78



Ponziani FT, *World J Gastroenterol* 2017; 23: 4491-4499

Rifaximina, “eubiótico”



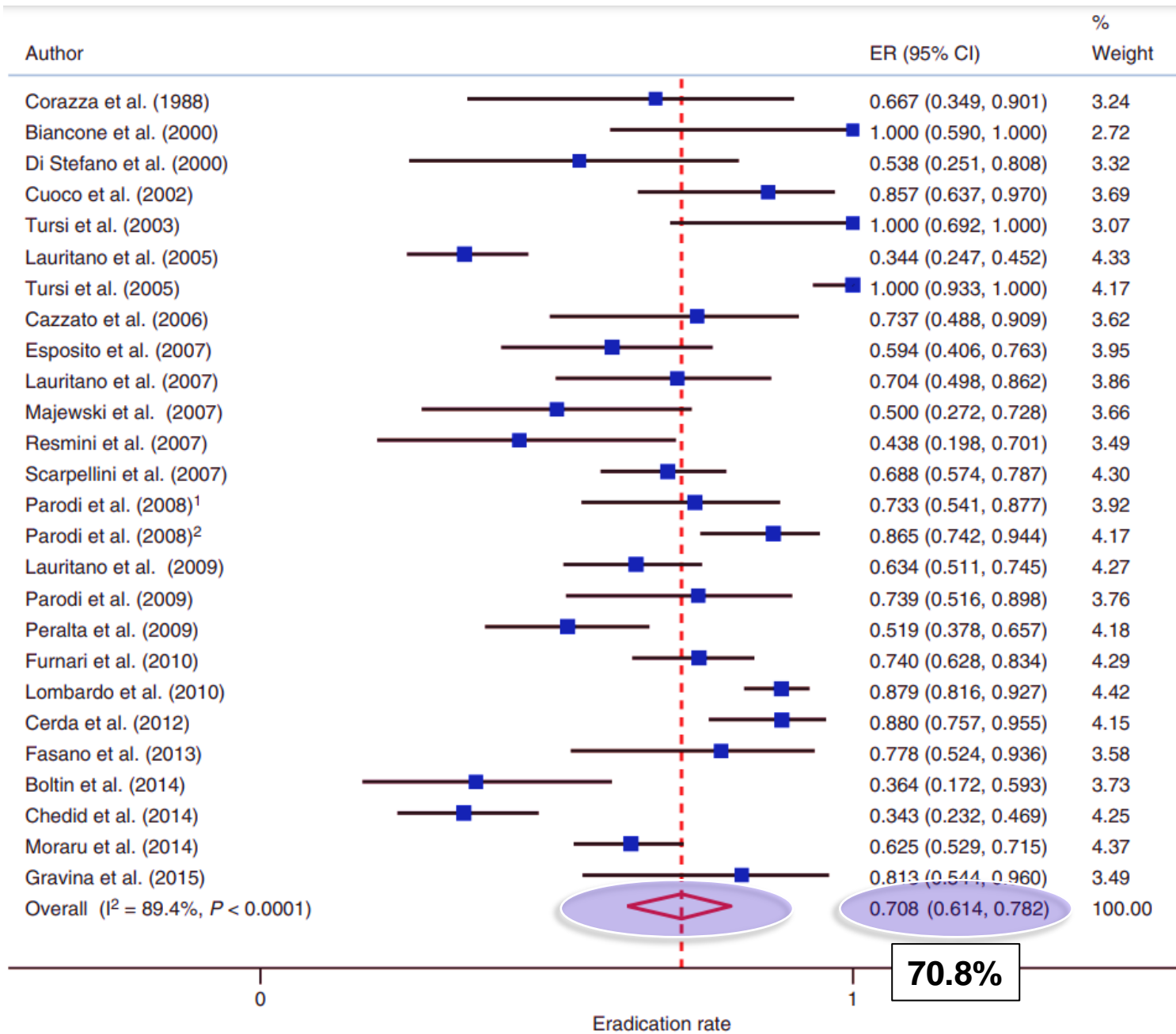
<<<Roseburia
<<<Haemophilus
<<<Veillonela
<<<Streptococcus

Systematic review with meta-analysis: rifaximin is effective and safe for the treatment of small intestine bacterial overgrowth



L. Gatta^{*†}  & C. Scarpignato^{*} 

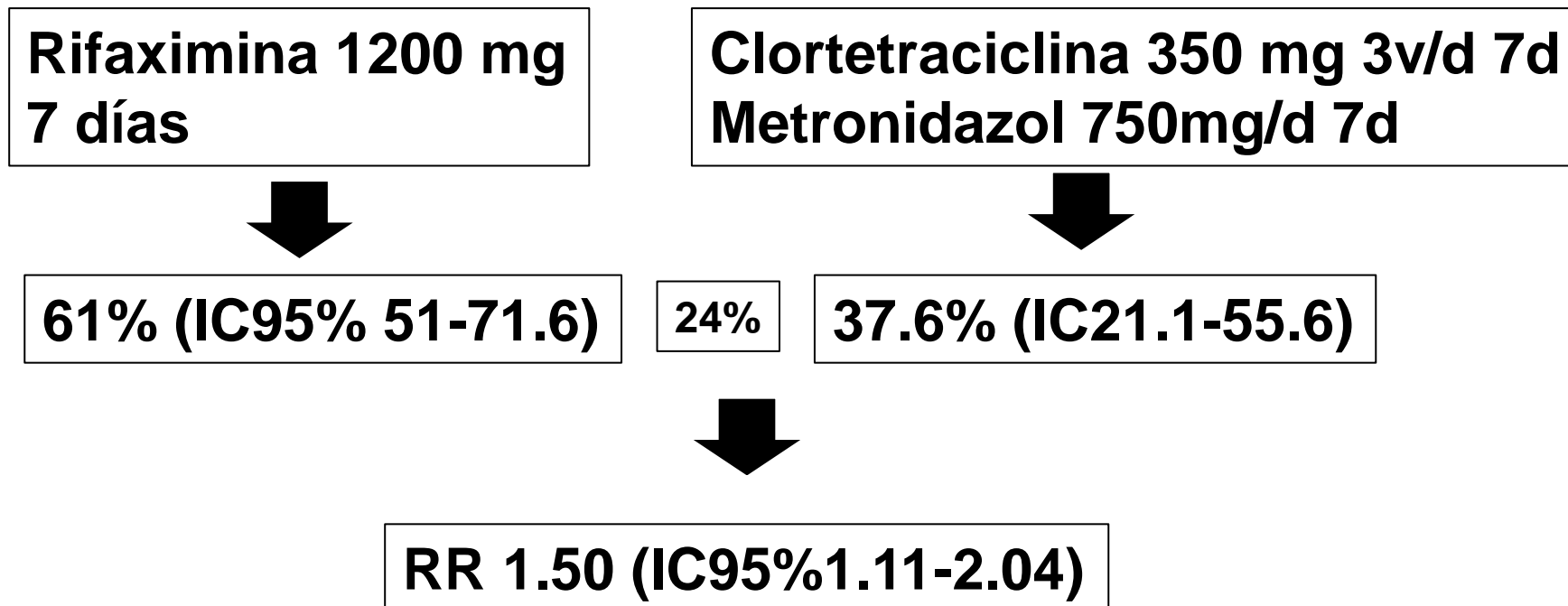
Gatta L, Aliment Pharmacol Ther 2017; 45: 604-16

Rifaximina, SIBO-ITT



Systematic review with meta-analysis: rifaximin is effective and safe for the treatment of small intestine bacterial overgrowth

L. Gatta^{*†}  & C. Scarpignato^{*} 



Rifaximina

	Treatment Efficacy, %	Adverse Events, %
Total daily dosage, mg		
600	16.7	10
800	50–100	3–13
1200	34–87	2–8
1600	80	15
Duration of therapy, d		
5	66.7	Not reported
7	16–80	8.8–13.0
10	33–100	3.5
14	87	2–4.7
28	34	3.6–9.0

Giinnebaugh B, Gastroenterol Clin N Am 2020;49:571–587

SIBO

Antibióticos, 7-10 días.

Amoxicilina/clavulanato 30 mg/kg/día

Ciprofolxacina

Norfloxacin 800 mg/día

Metronidazol 20 mg/kg/día +

Cefalexina/TMT-SP

Prebióticos Probióticos, : Faltan estudios

Pimentel M, Up To date 2019.

Rezaie A, Curr Gastroenterol Rep 2016;18:8

Brain fogginess, gas and bloating: a link between SIBO, probiotics and metabolic acidosis

Satish S. C. Rao, MD, PhD, FRCP (LON)¹, Abdul Rehman, MD¹, Siegfried Yu, MD¹ and Nicole Martinez de Andino, ARNP¹

Background: D-lactic acidosis is characterized by brain fogginess (BF) and elevated D-lactate and occurs in short bowel syndrome. Whether it occurs in patients with an intact gut and unexplained gas and bloating is unknown. We aimed to determine if BF, gas and bloating is associated with D-lactic acidosis and small intestinal bacterial overgrowth (SIBO).

Methods: Patients with gas, bloating, BF, intact gut, and negative endoscopic and radiological tests, and those without BF were evaluated. SIBO was assessed with glucose breath test (GBT) and duodenal aspiration/culture. Metabolic assessments included urinary D-lactic acid and rblood L-lactic acid, and ammonia levels. Bowel symptoms, and gastrointestinal transit were assessed.

Results: Thirty patients with BF and 8 without BF were evaluated. Abdominal bloating, pain, distension and gas were the most severe symptoms and their prevalence was similar between groups. In BF group, all consumed probiotics. SIBO was more prevalent in BF than non-BF group (68 vs. 28%, $p = 0.05$). D-lactic acidosis was more prevalent in BF compared to non-BF group (77 vs. 25%, $p = 0.006$). BF was reproduced in 20/30 (66%) patients. Gastrointestinal transit was slow in 10/30 (33%) patients with BF and 2/8 (25%) without. Other metabolic tests were unremarkable. After discontinuation of probiotics and a course of antibiotics, BF resolved and gastrointestinal symptoms improved significantly ($p = 0.005$) in 23/30 (77%).

Conclusions: We describe a syndrome of BF, gas and bloating, possibly related to probiotic use, SIBO, and D-lactic acidosis in a cohort without short bowel. Patients with BF exhibited higher prevalence of SIBO and D-lactic acidosis. Symptoms improved with antibiotics and stopping probiotics. Clinicians should recognize and treat this condition.

ACG Clinical Guideline: Small Intestinal Bacterial Overgrowth

Mark Pimentel, MD, FRCP(C), FACP¹, Richard J. Saad, MD, FACP², Millie D. Long, MD, MPH, FACP (GRADE Methodologist)³ and Satish S. C. Rao, MD, PhD, FRCP, FACP⁴

Test respiratorio CH4 positivo



IMO

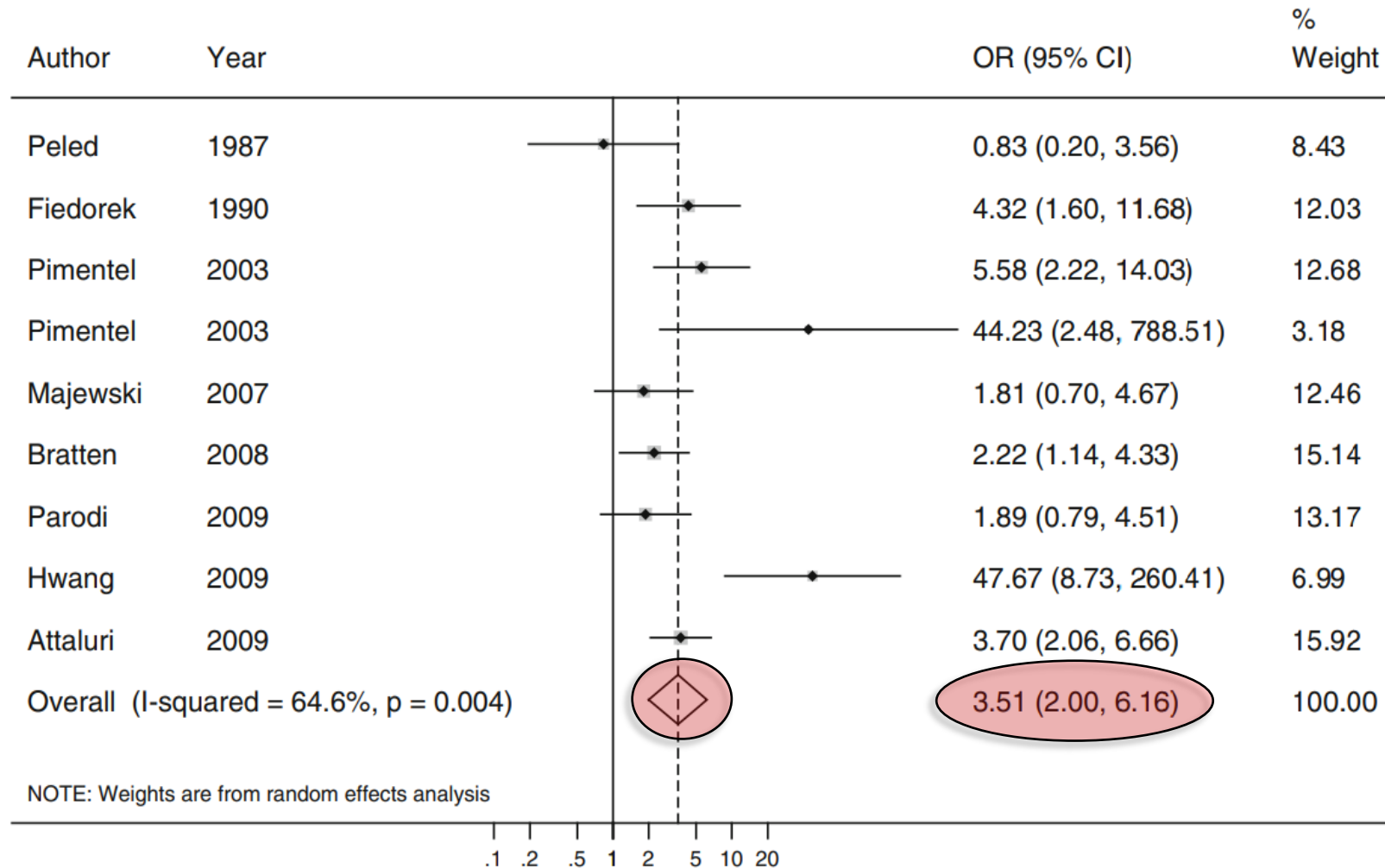


No limitado al intestino delgado

Estreñimiento

Methane on Breath Testing Is Associated with Constipation: A Systematic Review and Meta-analysis

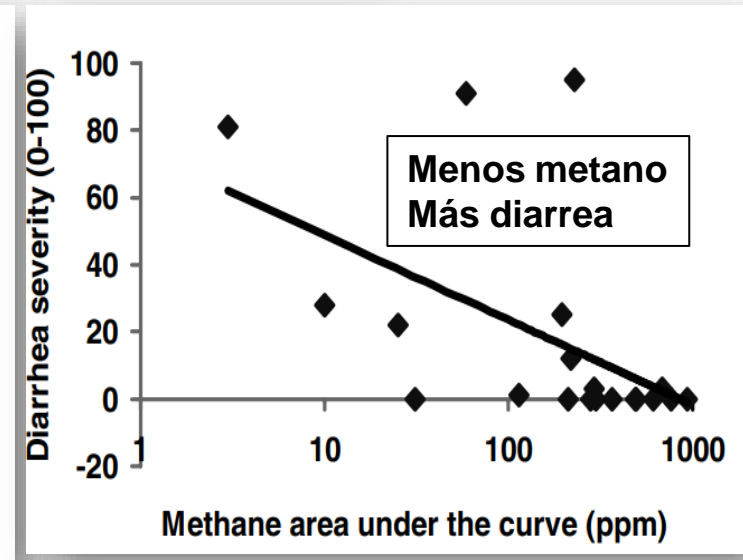
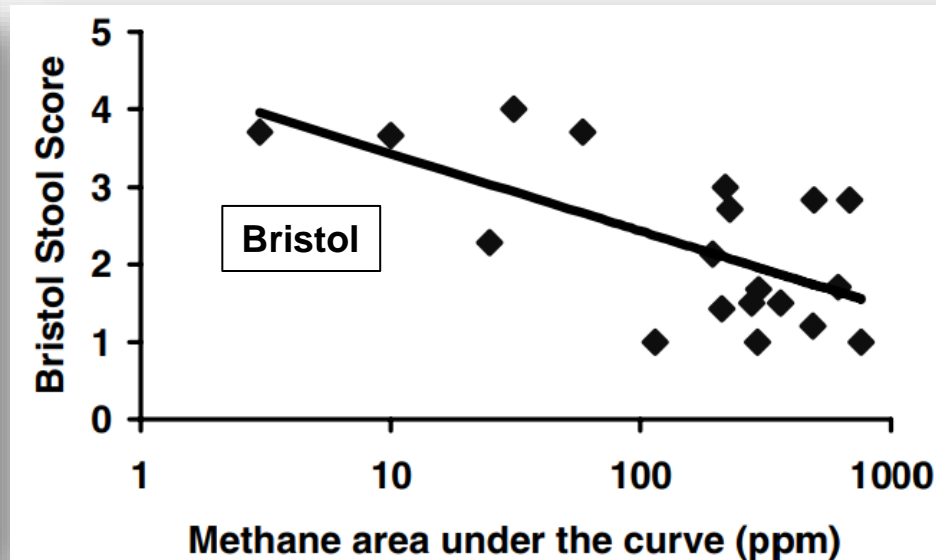
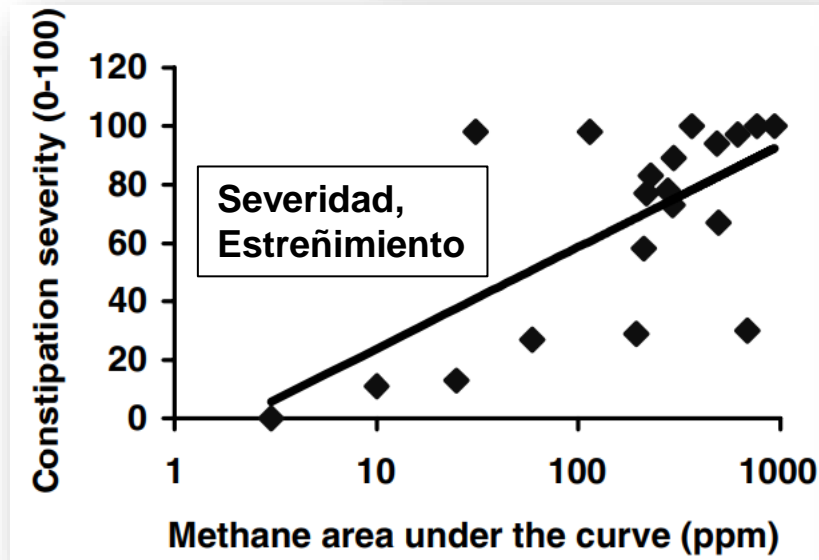
David Kunkel · Robert J. Basseri · Marc D. Makhani ·
Kelly Chong · Christopher Chang · Mark Pimentel



The Degree of Breath Methane Production in IBS Correlates With the Severity of Constipation

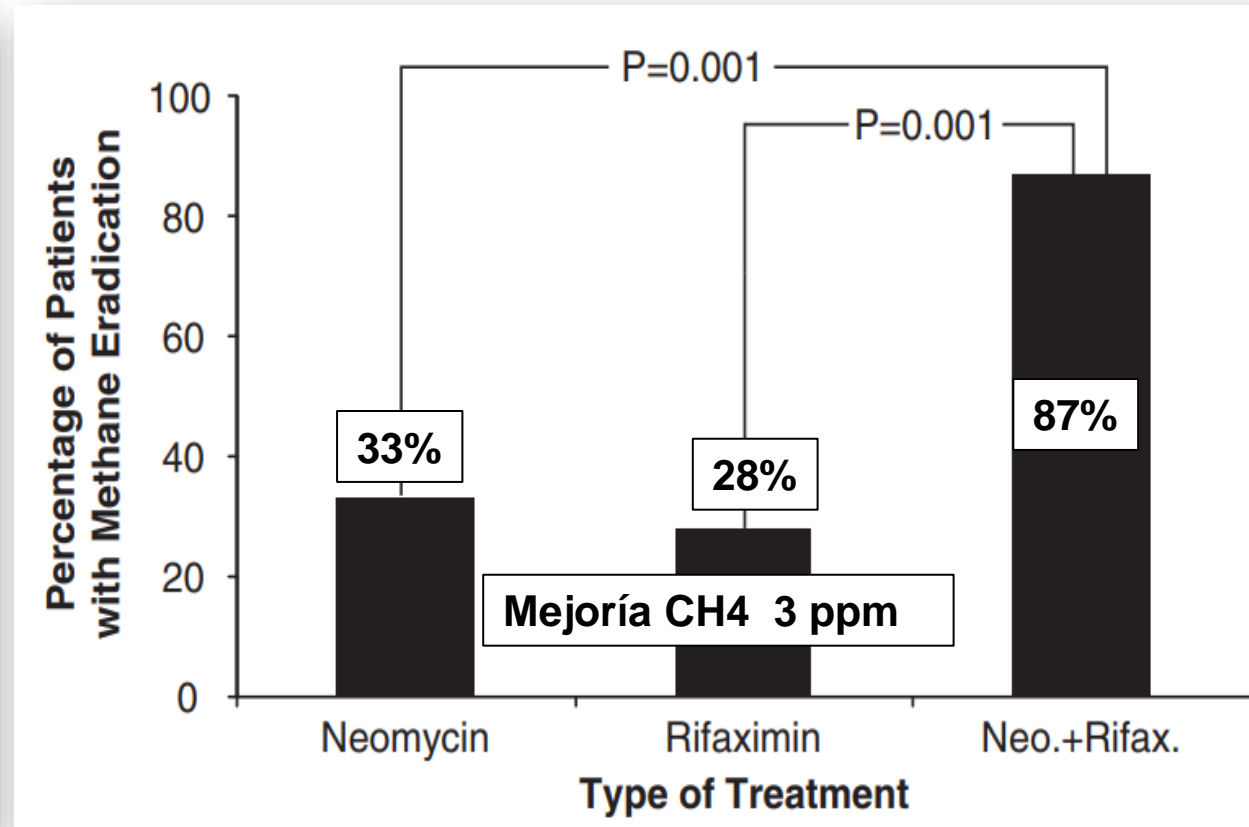
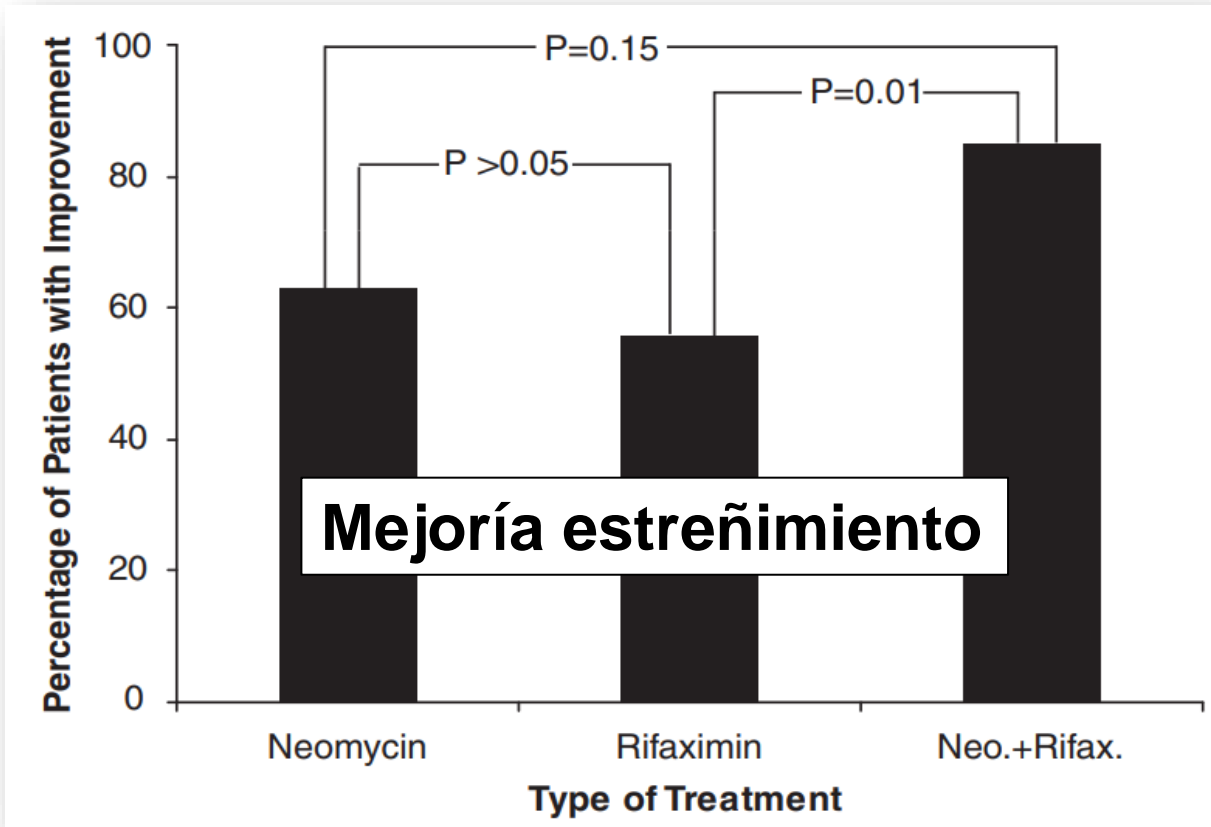
Soumya Chatterjee, M.B.B.S., Sandy Park, B.A., Kimberly Low, B.A., Yuthana Kong, M.P.H., and Mark Pimentel, M.D., F.R.C.P.(C)

Cedars-Sinai Medical Center, Burns and Allen Research Institute, Los Angeles, California



A Combination of Rifaximin and Neomycin Is Most Effective in Treating Irritable Bowel Syndrome Patients With Methane on Lactulose Breath Test

Kimberly Low, BA, Laura Hwang, BS, Johnson Hua, MD, Amy Zhu, MD, Walter Morales, BS, and Mark Pimentel, MD



A randomized double-blind placebo-controlled trial showing to improve constipation by reducing methane production and accelerating colon transit: A pilot study

Uday C. Ghoshal¹ • Deepakshi Srivastava¹ • Asha Misra¹

**Estreñimiento crónico >> CH4 controles
Rifaximina 400 g 3v/d 14 días << CH4 vs placebo
TT colónico Mejoró Rifaximina vs placebo
> Deposiciones Rifaximina vs placebo**

SIBO en estreñimiento refractario

Sa1708 — 2020

Poster of Distinction

AGA

SMALL INTESTINAL BACTERIAL OVERGROWTH IN REFRACTORY CONSTIPATION IS ASSOCIATED WITH DELAYED COLONIC TRANSIT, BUT NOT DYSSYNERGIC DEFECTION

Colorectal Diseases

Constipation and Other Functional Colonic Syndromes

Presented on Saturday, May 2, 2020 12:30 PM

Author(s): Samuel Tanner¹, Ahson Chaudhry¹, Navneet Goraya¹, Rohan Badlani¹, Asad¹ Temple University Hospital, Philadelphia, Pennsylvania, United States

Estreñimiento refractario tránsito lento
61% M-SIBO → CH₄,
Defecación disinérgica NO M-SIBO

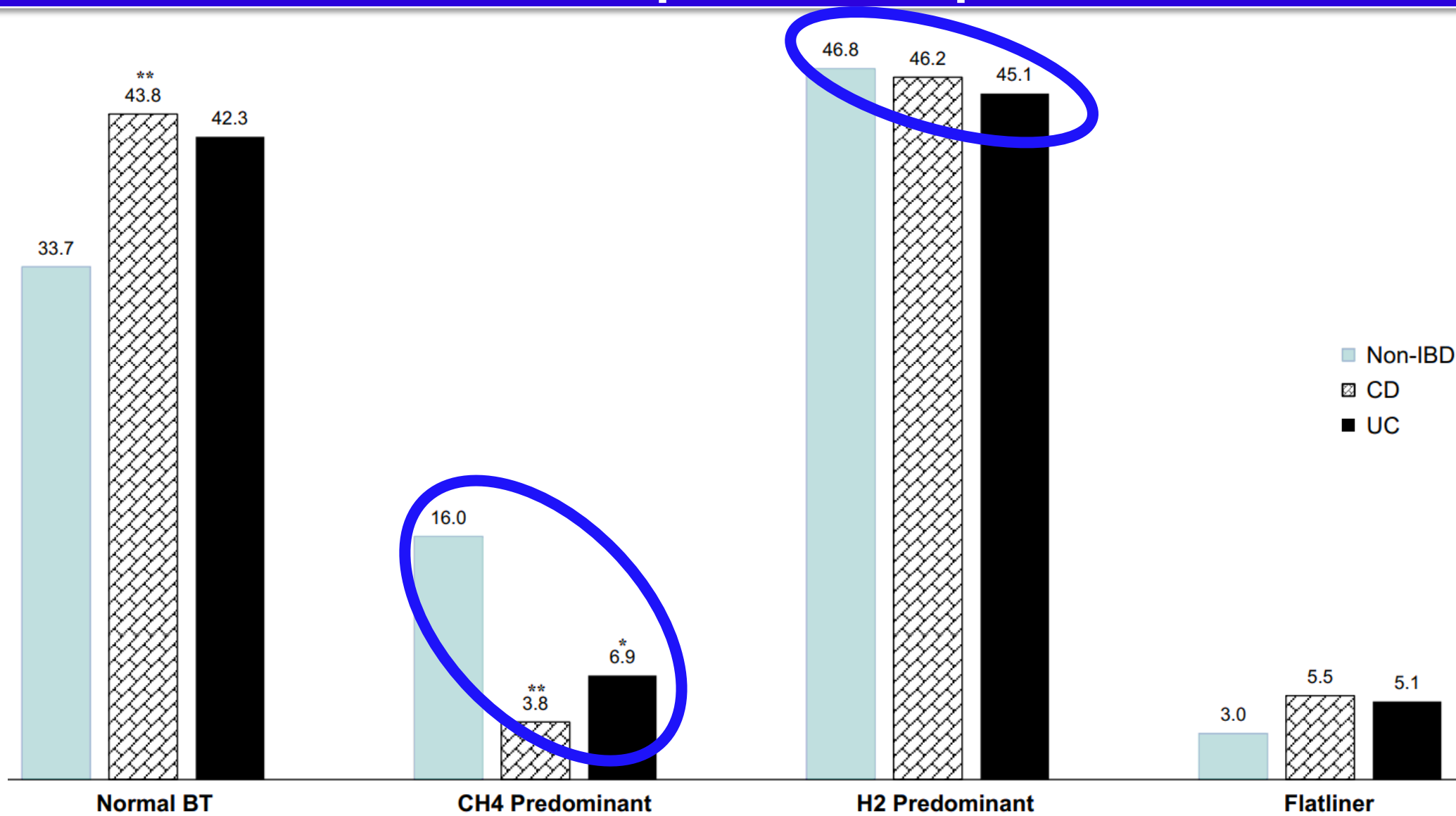
Introduction: Small intestinal bacterial overgrowth (SIBO) is known to cause symptoms such as abdominal bloating, distension, and gas. SIBO has also been associated with diarrhea and constipation, although the exact pathophysiology is less clear. In this study, we correlate both the presence and subtypes of SIBO to whole gut transit (gastric emptying (GE), small bowel transit (SBT), and colonic transit (CT)) and anorectal function in patients referred to a tertiary motility center with refractory constipation. **Methods:** Lactulose breath testing (LBT), whole gut transit scintigraphy (WGTS), and high resolution anorectal manometry (HR-ARM) of consecutive patients being evaluated for refractory constipation between 6/2016 and 11/2019 were included. LBT was performed using the BreathTracker Analyzer (QuinTron Instruments). SIBO by hydrogen (H-SIBO) was defined as a rise of 20 ppm in hydrogen from baseline within the first 90 minutes of testing. SIBO by methane (M-SIBO) was defined as a peak value of ≥ 10 ppm. CT was assessed by WGTS using the geometric center of radioactivity from cecum/ascending colon (region 1) to rectosigmoid (region 6) and excreted stool (region 7). HR-ARM was performed using ManoScan™ and analyzed using ManoView™ software (Medtronic). **Results:** 222 patients with refractory constipation completed LBT and WGTS. Of these patients, 201 also completed HR-ARM. SIBO was diagnosed in 137 patients (61%). This comprised of 53 patients with H-SIBO, 47 with M-SIBO, and 37 with both H-SIBO & M-SIBO. **Colonic Transit:** Patients with SIBO had slower CT at 48 h and 72 h (Table 1, both $p < 0.01$), but no significant difference in GE, SBT, or CT at 24 h. M-SIBO, in particular, had slower CT at 48 h and 72 h compared to H-SIBO and H-SIBO & M-SIBO ($p = 0.02$ and $p = 0.01$, respectively). Baseline methane level was negatively correlated to CT at 72 h ($r = -0.36$, $p < 0.001$). This correlation was stronger in patients with M-SIBO vs. M-SIBO & H-SIBO ($r = -0.49$, $p < 0.01$ vs. $r = -0.12$, $p = 0.48$). **Anorectal Function:** Patients with SIBO had a lower mean anal sphincter pressure (62.5 ± 2.3 vs. 73.7 ± 2.2 mm Hg, $p < 0.001$). Lower mean anal sphincter pressure was seen in H-SIBO and M-SIBO, but not combined M-SIBO and H-SIBO ($p = 0.03$). Otherwise, the presence of SIBO was not associated with differences in dyssynergic defecation or abnormal balloon expulsion testing and there were no statistically significant differences among SIBO subtypes (although sample size is small). **Conclusions:** SIBO is common in patients with refractory constipation. It was found in 61% of patients referred to our center. SIBO, and in particular M-SIBO, is associated with delayed CT, but not dyssynergic defecation. Baseline methane level correlates with CT. This suggests that methane in particular may play a role in the pathophysiology of delayed CT.

Breath Test Gas Patterns in Inflammatory Bowel Disease with Concomitant Irritable Bowel Syndrome-Like Symptoms: A Controlled Large-Scale Database Linkage Analysis

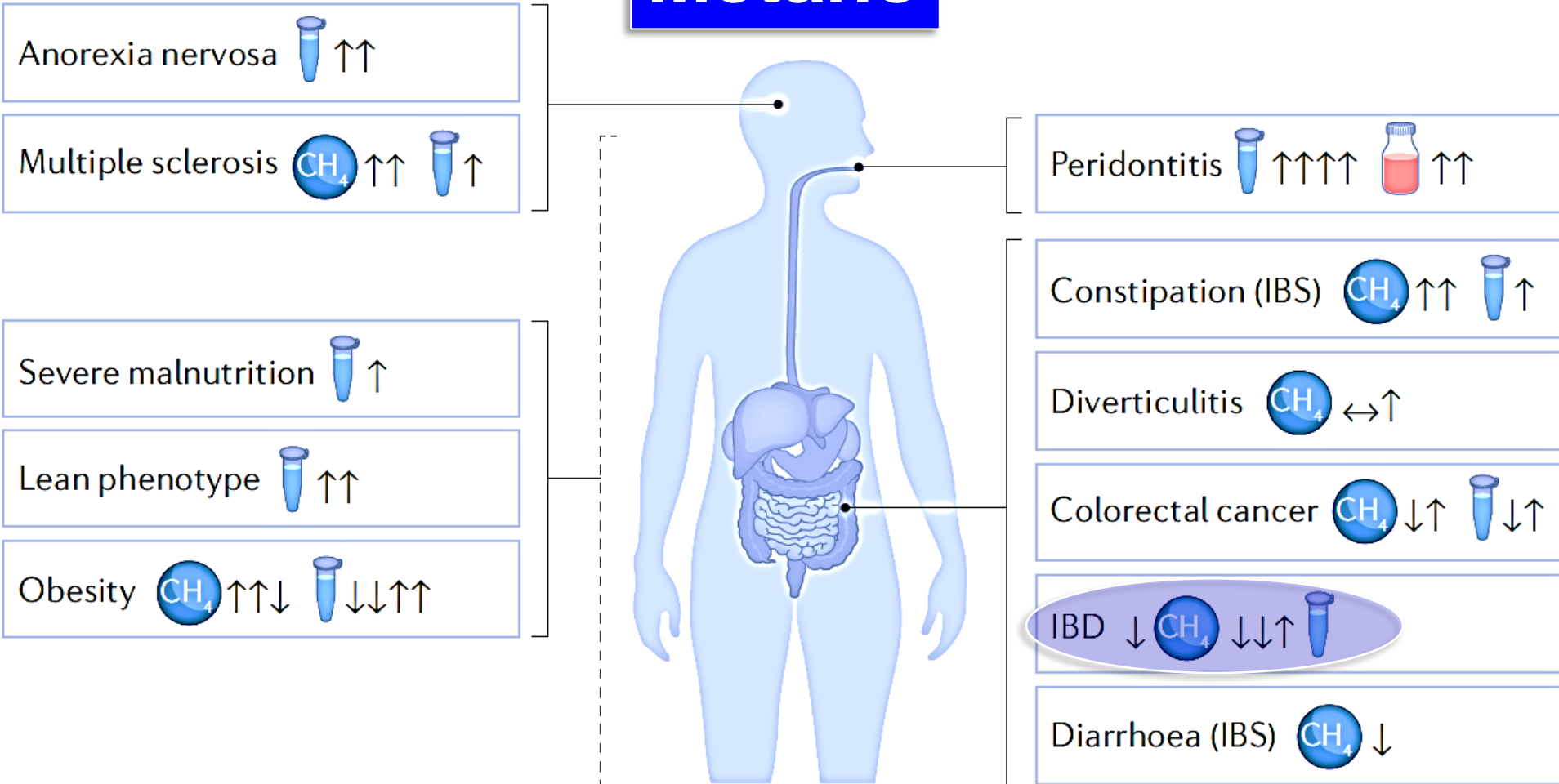
**Phillip Gu¹ · Devin Patel² · Krutika Lakhoo² · Jeffrey Ko² · Xiaochen Liu³ · Bianca Chang⁴ · Dana Pan⁵ · Greg Lentz⁶ ·
Matthew Sonesen⁶ · Renier Estiandan⁶ · Eugenia Lin³ · Mark Pimentel³ · Ali Rezaie³**

Gu P, Dig Dis Sci. 2020;65:2388-2396

Patrones de pruebas respiratorias



Metano

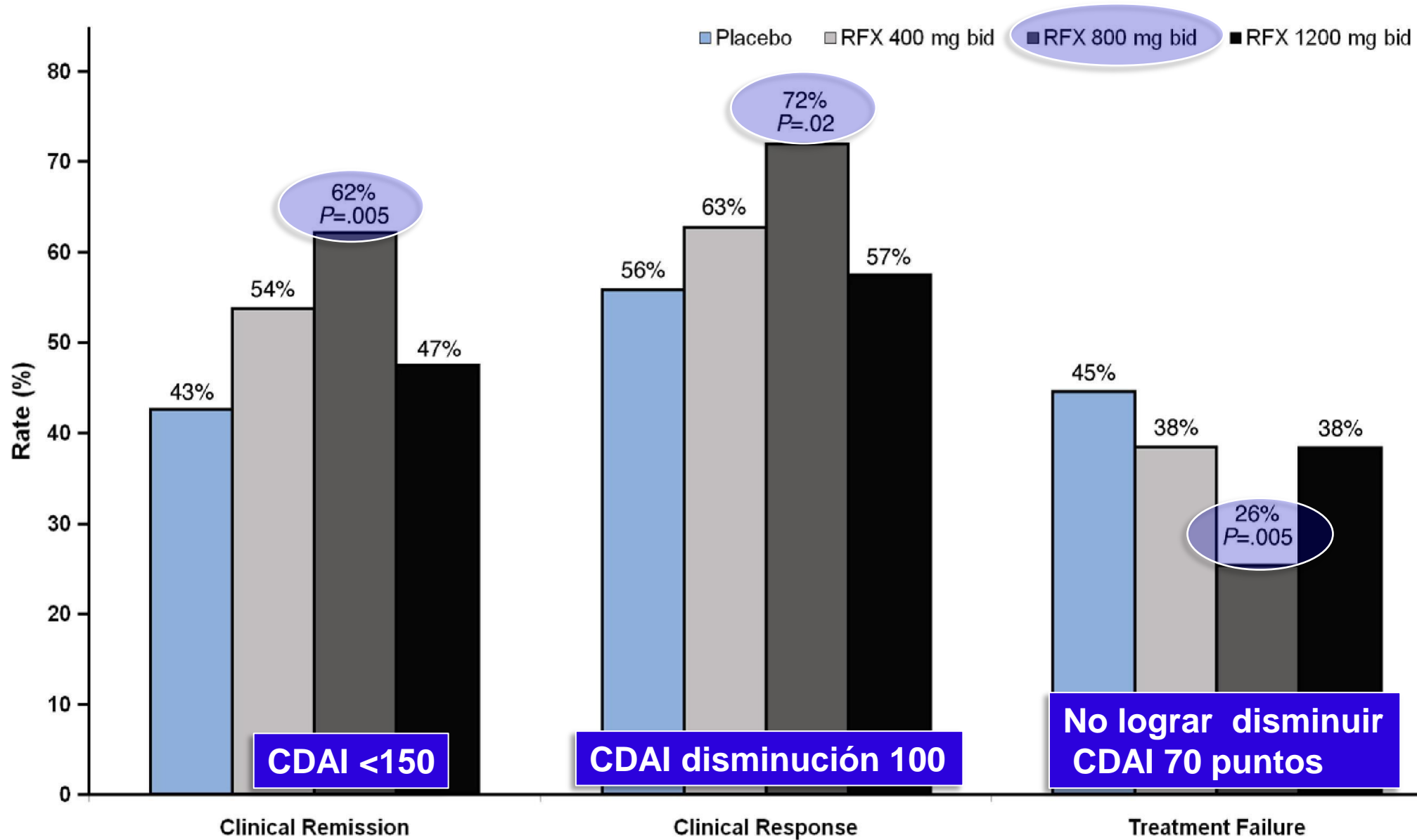


↑ One study ↔ No change Detection method

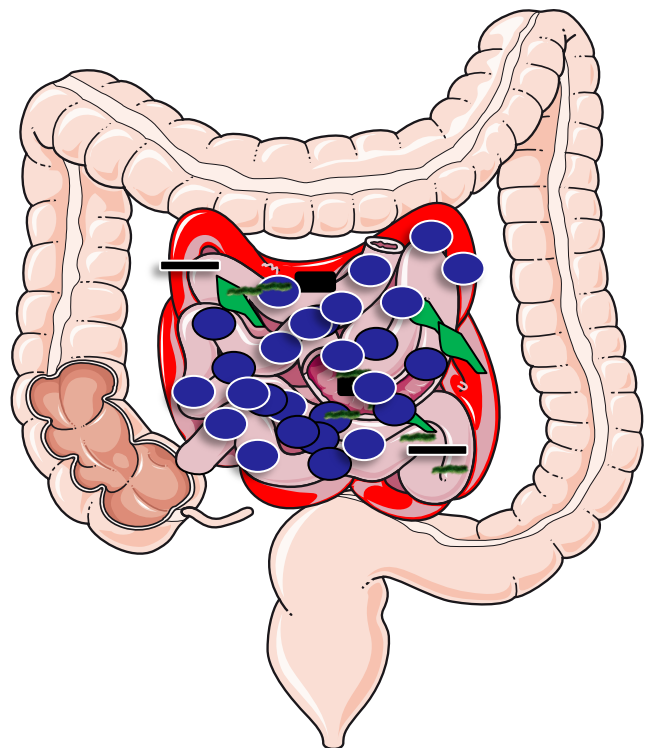
↑↑ Some studies

↑↑↑ Many studies

↑ Molecular detection ↑ Cultivation CH₄ Breath test



Tratamiento de SIBO



**Disminuir
los síntomas**

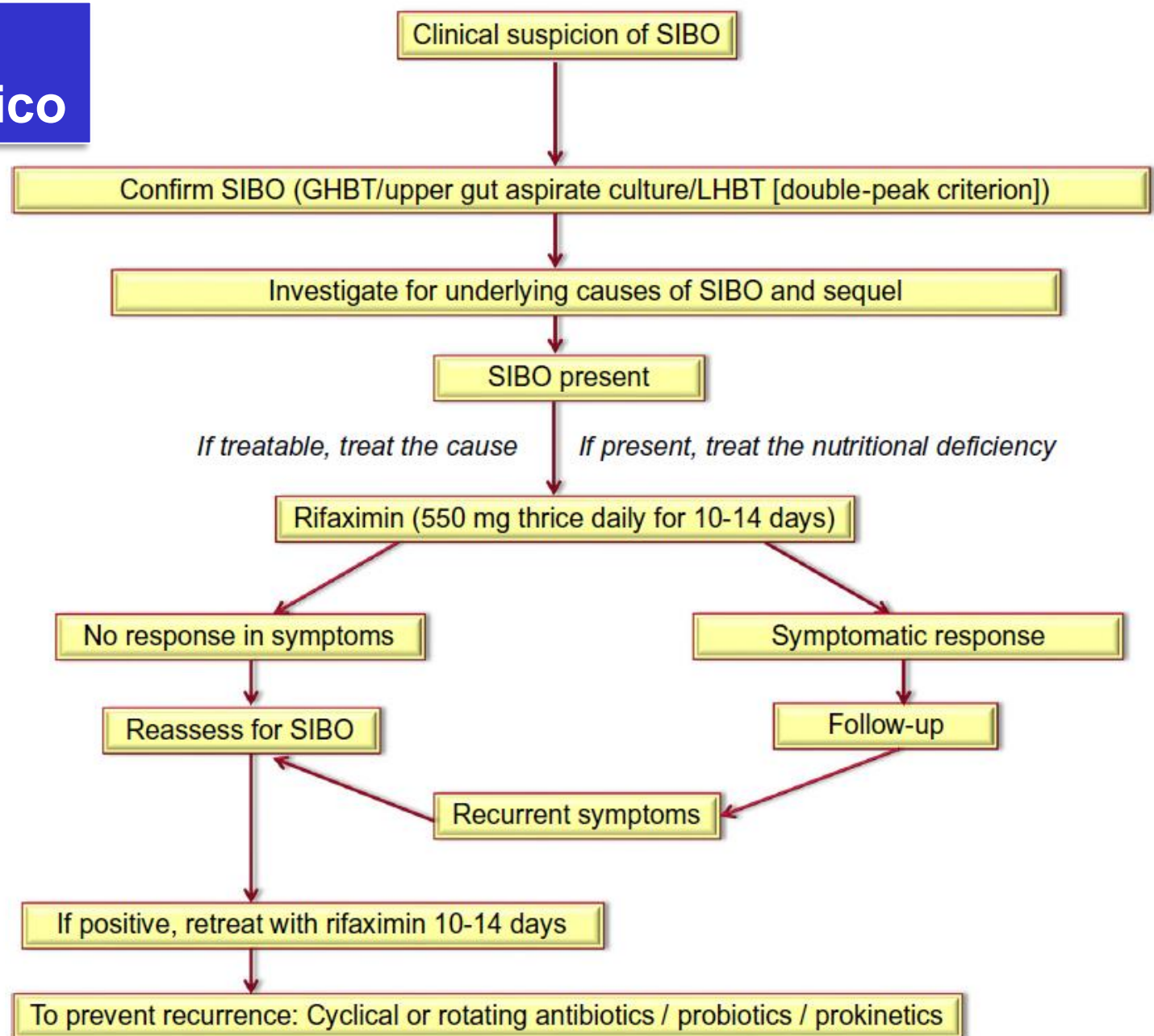


**Adicional
Corregir deficiencias**



**Evitar recurrencias
44%**

SIBO, 2022 Consenso Pacífico-Asiático



Mensajes para la casa

Microbioma es fundamental en gastroenterología

SIBO Produce síntomas severidad variable

Exacerba patologías pre existentes

Tiene alta prevalencia en patologías comunes

Subdiagnosticado

Culrivo y Pruebas respiratorias imperfectos

Mundo real tratarse cuadro clínico predisponentes

Rifaximina es un excelente 550 mg 2-3v/día-14 días

Muchas gracias!



Muchas gracias!



Queridos colegas de Perú



A Colombia, Un País hermano !!!

