

# Cochrane Corner

## Proton pump inhibitors are best but Histamine 2 receptors are also better than placebo for esophagitis

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### The problem

Which medications are effective for reflux esophagitis?

### The situation

About 20% of the population have reflux esophagitis.

### Clinical bottom line

Proton pump inhibitors are very effective in treating reflux esophagitis. They are better than placebo and better than histamine two receptor antagonists. Histamine receptor antagonists are better than placebo and prokinetic agents do not seem to be effective at all.

Table 1. Reflux esophagitis

|  | Success  | Evidence                     | Harms                |
|--|--|------------------------------|----------------------|
| <b>Proton pump inhibitors (PPI) vs placebo</b>     | Most effective<br>NNT = 1 to 2                 | Cochrane review <sup>1</sup> | No significant harms |
| <b>Histamine 2 receptor antagonists vs placebo</b> | Next most effective<br>NNT = 3 to 5            | Cochrane review <sup>1</sup> |                      |
| <b>PPI vs H2RA</b>                                 | PPI more effective<br>3 to 5                   | Cochrane review <sup>1</sup> |                      |
| <b>Prokinetic agents</b>                           | Do not seem to be effective for this condition | Cochrane review <sup>1</sup> |                      |

NNT = numbers needed to treat for one person to get an improvement

NNH = numbers needed to treat for one person to get an adverse effect.

### References

- Mostafizur Khan, Jose Santana, Clare Donnellan, Cathryn Preston, Paul Moayyedi. Medical treatments in the short term management of reflux oesophagitis. Cochrane Database of Systematic Reviews 2007, Issue 2. Art. No.: CD003244. DOI: 10.1002/14651858.CD003244.pub2.

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