

A Meta-Analysis and Systematic Review of the Efficacy of Twice Daily (BID) PPIs versus Once Daily (QD) for Treatment of Gastroesophageal Reflux Disease (GERD).

Zhang H et al. Gastroenterol Res Pract. 2017; 2017:9865963.

- Literature search made on PubMed, Cochrane Library, Scopus, EMBASE, Ovid, EBSCO, and Web of Science databases (from 1998 to May 2016) to select RCTs, which compared the efficacy of PPIs BID versus QD for GERD.
- Seven randomized clinical trials (RCTs) were enrolled in a meta-analysis.
- The primary outcomes were symptom relief or esophageal mucosal healing at weeks 4 and 8.
- The esophageal healing rates were higher in PPIs BID group ($P = 0.01$), and rabeprazole 20 mg BID can achieve better mucosal healing than 20 mg QD after 8 weeks ($P < 0.05$).

PPIs BID more effectively improve endoscopic healing rate at week 8 than PPIs QD. But, there are no significant differences in symptom relief, 24 h pH monitoring, sustained symptom relief, and endoscopic response at week 4.