

Original Paper

## Comparison of sequential and routine four drugs therapeutic regiments in *Helicobacter pylori* eradication

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### Abstract

**Background and Objective:** Antibiotic resistance to *Helicobacter pylori* reduced the eradication rates. This study was done to compare the sequential comparison of sequential and routine four drugs therapeutic regiments in *Helicobacter pylori* eradication.

**Materials and Methods:** In this double blind clinical trial study 160 chronic dyspepsia patients randomly divided into 2 groups of sequential and routine four drugs therapeutic regiments. We performed invasive tests for *H. pylori* in patients who underwent gastroduodenoscopy. 160 patients who were diagnosed as *H. pylori*-positive by histological evaluation were selected for the trial. A 14-day sequential regimen (Omeprazole, Amoxicillin, each administered twice daily for the first 5 days, followed by Omeprazole, Clarithromycin and Urazolidon, each administered twice daily for the remaining 9 days. 14-day 4 drug therapy, Omeprazole, Clarithromycin, Amoxicillin and Bismoot each administered twice daily. 5 weeks after treatment urease breath test (UBT) was performed.

**Results:** The recovery was seen in 50.9% and 49.1% in sequential and routine four drugs therapeutical treatment, respectively. The recovery of patient with severe *H. pylori* infection was non-significantly higher in sequential regimen (64.7%) than four drugs regimen (41.2%). In comparison to four drugs, sequential therapy was significantly more effective in patients with severe gastritis (87.5% vs. 25%,  $p < 0.05$ ).

**Conclusion:** The eradication of *H. pylori* infection particularly in severe gastritis is preferred by sequential therapeutical regimen.

**Keywords:** *Helicobacter pylori*, Sequential therapy, Quadruple therapy

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