

A RANDOMIZED CONTROLLED TRIAL OF 5-DAY REGIMENT OF AZITHROMYCIN AND A 10-DAY REGIMENT OF CO-AMOXICLAV FOR TREATMENT OF ACUTE SINUSITIS

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Background: This study compared the efficacy of a 5-day regiment of Azithromycin (a macrolid antibiotic) with a 10-day regiment of Co-Amoxiclav (combination of an aminopenicillin with a betalactamase inhibitor) for the treatment of acute sinusitis.

Methods and materials: A total of 76 subjects with acute sinusitis, after meeting the inclusion criteria, were randomly divided into two groups, Azithromycin (n=40) and Co-Amoxiclav (n=36). One group received Azithromycin, 500mg in the first day and 250mg for 4 days and the other group received Co-Amoxiclav 625mg, 3 times a day for 10 days. Patients were visited 4 times during the study (baseline, phone call, end of treatment, end of study) and regression/progression of their symptoms and their response to the treatment was evaluated.

Results: There was no significant difference between the two groups' demographic and clinical presentations. Duration of regression of the symptoms in the Azthromycin group was significantly shorter than the Co-Amoxiclav group (7.6 days versus 10.6, p=0.03). Clinical success rate at end of the study was 80% for Azithromycin and 66.7% for Co-Amoxiclav (p=0.025). Clinical success rates among females in both groups seemed to be higher than males, but this difference was not statistically significant (p=0.13).

Conclusion: Findings of this study showed that Azithromycin regiment is more efficient, has less side effects, and required shorter treatment period. Patients were able to tolerate the medications better with a higher compliance and less economic cost than Co-Amoxiclav regiment.