MANCOIT Study:

A Pilot Study on the Prevention of Recurrent Postcoital UTIs in Women Using D-mannose and Proanthocyanidins (PAC)

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INTRODUCTION:

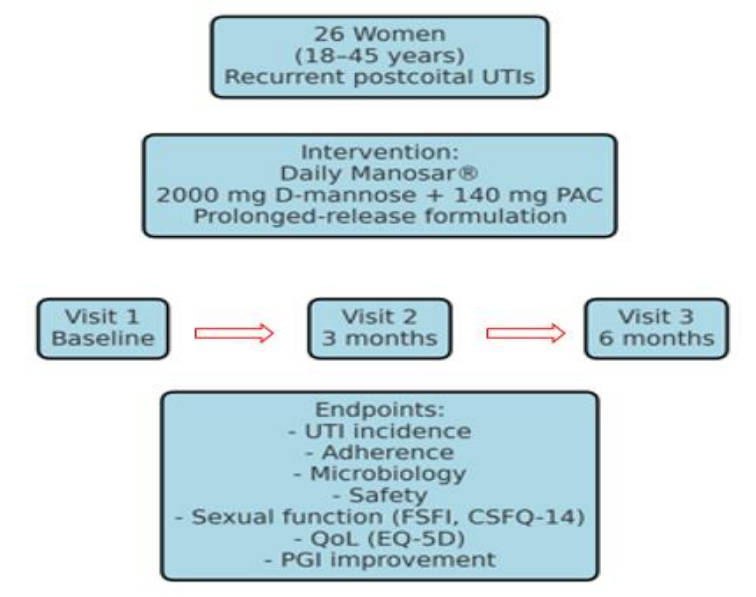
- Urinary Tract Infections (UTIs) are common; **20–30%** recurrent UTIs (rUTIs).
- Risk factor: sexual intercourse.
- **D-mannose** & **PAC**: inhibit bacterial adhesion → potential preventive role.

OBJECTIVE:

- To evaluate the effectiveness and safety of a **prolonged-release combination of D-mannose + PAC (Manosar®)** in preventing recurrent postcoital rUTIs.

METHODS & DESIGN:

- Prospective, single-center pilot study.



RESULTS:

53.6%: no new UTIs at 6 months.

26.9%: had only one episode

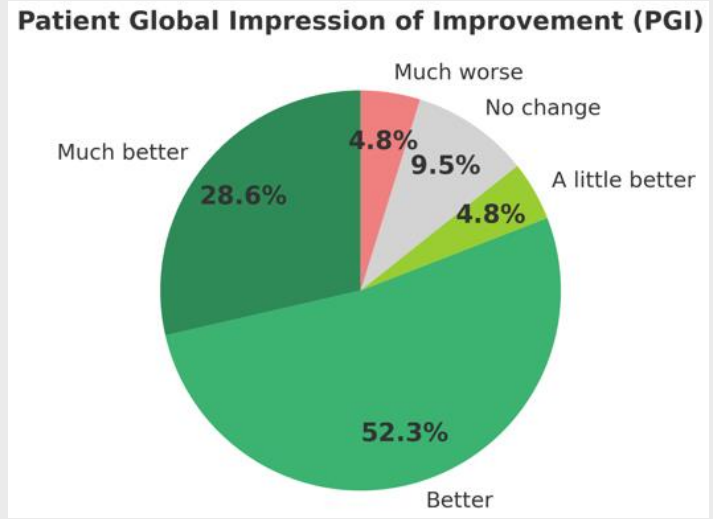
80.8%: no longer met rUTI criteria.

- **Adherence:** 90.9% (3 mo) → 85.7% (6 mo).
- **Safety:** 1 discontinuation (vaginal dryness).
- **Microbiology:**

24 clinical episodes-22 micro documented.

K. aerogenes (42.9%), *E. coli* (22.7%).

- **Sexual function & QoL:** Stable.



CONCLUSION:

- **Promising non-antibiotic prophylaxis** for recurrent postcoital UTIs.
- **Effective, safe, and well tolerated.**
- Larger randomized trials are needed.