

# D-mannose: a promising support for acute urinary tract infections in women. A pilot study

**L. Domenici, M. Monti, C. Bracchi, M. Giorgini, V. Colagiovanni, L. Muzii, P. Benedetti Panici**

Department of Gynecological Obstetrics and Urologic Sciences, University Sapienza of Rome, Rome, Italy. [lavinia.domenici@gmail.com](mailto:lavinia.domenici@gmail.com)

[PHARMACOLOGY \(HTTPS://WWW.EUROPEANREVIEW.ORG/TOPIC/PHARMACOLOGY\)](https://www.europeanreview.org/topic/pharmacology)

**OBJECTIVE:** Urinary tract infections still represent a significant bother for women and result in high costs to the health system. D-mannose is a simple sugar; it seems able to hinder bacteria adhesion to the urothelium. The present study aimed to determine whether D-mannose alone is effective in treating acute urinary tract infections in women and its possible utility in the management of recurrences.

**PATIENTS AND METHODS:** This is a pilot study, performed between April 2014 and July 2015 at Department of Gynaecological Obstetrics and Urologic Sciences of “Sapienza” University of Rome. A D-mannose compound was administered twice daily for 3 days and then once a day for 10 days. Changes in patients’ symptoms, the therapeutic effects and changes in quality of life (QoL) were evaluated clinically and using a specifically validated questionnaire (UTISA). After described treatment, patients were randomized in receiving or not prophylaxis in the next 6 months.

**RESULTS:** Mean UTISA scores recorded after completing the treatment, compared with baseline scores, showed a significant improvement of the majority of symptoms ( $p < 0.05$ ). D-mannose seemed to have had a significant positive effect on UTIs’ resolution and QoL improvement ( $p = 0.0001$ ). As prophylactic agent administered for 6 months, it showed promising results (4.5% vs. 33.3% recurrences in treated and untreated patients respectively).

**CONCLUSIONS:** The results of this study suggest that D-mannose can be an effective aid in acute cystitis management and also a successful prophylactic agent in a selected population; however, more studies will certainly be needed to confirm the results of our pilot study.

Free PDF Download (<https://www.europeanreview.org/wp/wp-content/uploads/2920-2925-D-mannose-a-promising-support-for-acute-urinary-tract-infections-in-women.-A-pilot-study.pdf>)

## Search

## Call for Supplement

[Infections in Orthopedics](https://www.europeanreview.org/infections-in-orthopedics)

(<https://www.europeanreview.org/infections-in-orthopedics>)

## Supplements

[Breath Test in](https://www.europeanreview.org/ Breath Test in Gastroenterology Practice)

[Gastroenterology Practice](https://www.europeanreview.org/ Gastroenterology Practice)

(<https://www.europeanreview.org/ Breath Test in Gastroenterology Practice>)

[Case Reports Issue](https://www.europeanreview.org/ Case Reports Issue)

(<https://www.europeanreview.org/ Case Reports Issue>)

[Chinese Current Practice in Pediatric 2017](https://www.europeanreview.org/ Chinese Current Practice in Pediatric 2017)

(<https://www.europeanreview.org/ Chinese Current Practice in Pediatric 2017>)

[Drug-Induced Hepatotoxicity](https://www.europeanreview.org/ Drug-Induced Hepatotoxicity)

(<https://www.europeanreview.org/ Drug-Induced Hepatotoxicity>)

[Focus on Emergency](https://www.europeanreview.org/ Focus on Emergency)

(<https://www.europeanreview.org/ Focus on Emergency>)

[Focus on Phytomedicine Research](https://www.europeanreview.org/ Focus on Phytomedicine Research)

(<https://www.europeanreview.org/ Focus on Phytomedicine Research>)

# To cite this article

L. Domenici, M. Monti, C. Bracchi, M. Giorgini, V. Colagiovanni, L. Muzii, P. Benedetti Panici  
*D-mannose: a promising support for acute urinary tract infections in women. A pilot study*

**Eur Rev Med Pharmacol Sci**

Year: 2016

Vol. 20 - N. 13

Pages: 2920-2925

Keywords Related articles:

1. **Cranberry supplementation in the prevention of non-severe lower urinary tract infections: a pilot study** (<https://www.europeanreview.org/article/8336>)
2. **Cefixime for the prophylaxis of urinary tract infections in children with malformative uropathies: an open study** (<https://www.europeanreview.org/article/81>)
3. **Study on the effect of urinary kallidinogenase after thrombolytic treatment for acute cerebral infarction** (<https://www.europeanreview.org/article/8689>)
4. **In vitro antimicrobial activity of several antimicrobial agents against Escherichia coli isolated from community-acquired uncomplicated urinary tract infections** (<https://www.europeanreview.org/article/2944>)
5. **Community-acquired urinary tract infections in children: pathogens, antibiotic susceptibility and seasonal changes** (<https://www.europeanreview.org/article/3706>)

[on-phytomedicine-research\)](#)

[Focus on Spondylodiscitis](#)

(<https://www.europeanreview.org>

[on-spondylodiscitis\)](#)

[Inflammatory Bowel](#)

[Diseases](#)

(<https://www.europeanreview.org>

[bowel-diseases\)](#)

[Liver biliopancreatic](#)

[workshop surgery](#)

(<https://www.europeanreview.org>

[biliopancreatic-workshop-](#)

[surgery\)](#)

[Medical Clinical Progress in](#)

[China 2017](#)

(<https://www.europeanreview.org>

[clinical-progress-in-china-](#)

[2017\)](#)

[New Frontiers In](#)

[Orthopedics](#)

(<https://www.europeanreview.org>

[frontiers-in-orthopedics\)](#)

[Sixth Workshop on](#)

[Economics and Drugs in](#)

[Hepatology \(WEF E 2016\)](#)

(<https://www.europeanreview.org>

[workshop-on-economics-](#)

[and-drugs-in-hepatology-](#)

[wef-e-2016\)](#)

[Update on Inositols](#)

(<https://www.europeanreview.org>

[on-inositols\)](#)



**CELLR<sup>4</sup>**

Repair, Replacement, Regeneration & Reprogramming  
The official Journal of The Cure Alliance

(<http://www.cellr4.org/>)

---

**ISO 9001:2008**



**Certificato N. 686080**

[View Certificate](#)

(<https://www.europeanreview.org/Certificato/Verduci.pdf>)

Copyright © 1997-2018 European Review for Medical and Pharmacological Sciences | Online ISSN: 2284-0729 | Print ISSN: 1128-3602 | View our [Privacy\\_policy](https://www.europeanreview.org/privacy-policy) (<https://www.europeanreview.org/privacy-policy>).

Publisher: Verduci Editore s.r.l. Via Gregorio VII, 186 00165 Roma (Italy) Telephone: +39-06.393.75.224 Fax:+39-06.63.85.672 - P. IVA: 03761621006