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Clinical and Rhinoscintigraphic Evaluation of Oral Macrolides in the Management of Sinonasal Polyposis

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Abstract: Aim: To document the efficacy of low-dose long-term oral macrolide treatment in the management of sinonasal polyposis. The study was designed prospectively in a group of patients with sinonasal polyposis and negative history of surgery. Materials and Methods: Ten patients were administered roxithromycin (RXM) 150 mg/day single oral dose for eight weeks. All patients underwent Tc-99m rhinoscintigraphic evaluation of mucociliary activity and endoscopic evaluation before and after the treatments. Response to treatment, in terms of rhinoscintigraphic and endoscopic improvement, was assessed. Results: Of the 10 patients, 7 were male and 3 female, with an average age of 46 years (27-74). Following treatment, mucociliary transport time was significantly reduced ($P < 0.05$) and the polyps were clinically shrunk ($P < 0.05$). Conclusions: It was determined that low-dose long-term oral macrolide treatment was effective in the management of sinonasal polyposis. Macrolides can be considered, as an alternative to or in conjunction with steroids, in the management of sinonasal polyposis.

Key Words: Sinonasal polyp, nasal polyp, nasal polyposis, macrolide, rhinoscintigraphy

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