

# Effects of Lactulose on Gut Microbiota and Metabolism in Diabetic Constipated Patients

NCT07065942

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Peking Union Medical College Hospital
Enrollment	60 participants

## Key Eligibility Criteria

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### Inclusion (18)

- Age: 18-70 years
  - Type 2 Diabetes Diagnosis (per 2017 ADA criteria), meeting e1 of:
  - Fasting plasma glucose (FPG)  $\geq 7.0$  mmol/L
  - hour plasma glucose  $\geq 11.1$  mmol/L during 75g anhydrous oral glucose tolerance test (OGTT)
  - Random plasma glucose  $\geq 11.1$  mmol/L with hyperglycemia symptoms or hyperglycemic crisis
- ... and 13 more (see full listing online)

### Exclusion (13)

- Secondary Constipation due to organic diseases or medication effects.
  - Constipation-predominant Irritable Bowel Syndrome (IBS-C).
  - Concurrent gastrointestinal disorders (e.g., inflammatory bowel disease, colorectal cancer).
  - Type 1 Diabetes Mellitus.
  - Severe chronic comorbidities, including:
- ... and 8 more (see full listing online)

## Locations (1 total)

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Peking Union Medical College Hospital, Beijing, China