

# Microbiome-Modulating Prophylaxis RCT: Antibiotic vs Gynoflor in Postmenopausal Women With Recurrent Cystitis

NCT07186465

---

Status	RECRUITING
Phase	Phase 4
Sponsor	Mahidol University
Enrollment	100 participants

## Key Eligibility Criteria

---

### Inclusion (6)

- Female, postmenopausal, age ≥40 years
- Clinical history of recurrent urinary tract infection (rUTI) as assessed by the investigator
- Able and willing to take assigned prophylaxis for 6 months
- Able to attend baseline and Month 6 study visits and provide urine samples
- Able to provide written informed consent

... and 1 more (see full listing online)

### Exclusion (8)

- Current symptomatic UTI at enrollment (may be treated and reconsidered after resolution)
- Known hypersensitivity or contraindication to nitrofurantoin or to the Lactobacillus/estriol vaginal tablet (Gynoflor) or their excipients; significant renal impairment or other label-based contraindications to nitrofurantoin per local practice
- Planned urologic surgery or procedure expected during the 6-month study period
- Recent bacterial vaginosis (e.g., within the past month) or active vulvovaginal skin disorders precluding vaginal product use
- History of hormone-dependent malignancy (e.g., breast, uterine, or cervical cancer) or unexplained abnormal vaginal bleeding

... and 3 more (see full listing online)

## Locations (1 total)

---

Faculty of Medicine Ramathibodi Hospital Mahidol University, Bangkok, Phayatai Ratchathewi, Thailand