

Comparison 1: Probiotics compared with placebo

Source: Crepinsek MA, Taylor EA, Michener K, Stewart F. Interventions for preventing mastitis after childbirth. Cochrane Database Syst Rev. 2020;(9):CD007239.

Certainty assessment							No of patients		Effect		Certainty (GRADE)	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Probiotics	Placebo	Relative (95% CI)	Absolute (95% CI)		
Nipple damage within 6 months postpartum												
1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,c}	none	4/203 (2.0%)	13/221 (5.9%)	RR 0.33 (0.11 to 1.01)	39 fewer per 1000 (from 52 fewer to 1 more)	⊕○○○ VERY LOW	IMPORTANT
Breast pain												
1	randomized trials	serious ^a	not serious	not serious	very serious ^{b,d}	none	46/139 (33%)	65/152 (42.7%)	RR 0.77 (0.57 to 1.04)	98 fewer per 1000 (from 184 fewer to 17 more)	⊕○○○ VERY LOW	IMPORTANT
Incidence of mastitis within 6 months postpartum												
1	randomized trials	serious ^a	not serious	not serious	serious ^b	none	30/194 (15.5%)	60/205 (29.3%)	RR 0.58 (0.33 to 1.02)	123 fewer per 1000 (from 196 fewer to 6 more)	⊕⊕○○ LOW	IMPORTANT

CI: confidence interval; RR: risk ratio.

a. The pooled effect provided by study "B".

b. Wide confidence interval crossing the line of no effect.

c. Less than 30 events.

d. Less than 300 women.