TITLE: Dexamethasone 12mg Pretreatment Reduces PONV in Laparoscopy.

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INTRODUCTION:

Postoperative nausea and vomiting (PONV) is one of the main complaints after laparoscopy. The effect of prophylactic i.v. dexamethasone (8mg) on PONV in women undergoing diagnostic laparoscopy has been controversial (1,2).

We evaluated the antiemetic effect of i.v. dexamethasone (8 and 12 mg) compared with placebo for prevention of PONV after diagnostic laparoscopy in infertile women.

METHODS:

After institutional ethics committee and informed consent, we evaluated 102 infertile women requiring diagnostic laparoscopy in three groups in a double-blind, randomized clinical trial study. Patients received placebo in group I (N=34), 8 mg dexamethasone in group II (N=34) or 12 mg dexamethasone in group III (N=34) before induction of anesthesia. In all patients, anesthesia induced with fentanyl, thiopental and atracurium and maintained with oxygen and halothane. Occurrence of PONV evaluated and recorded during 24 hours after surgery. Data were analyzed using Z-test and ANOVA.

RESULTS:

There were no differences between three groups in order to demographic data, last menstrual period and hemodynamic status during anesthesia. The incidence of PONV during the 24-hr Postoperative period was 54.8% in group I, 50% in group II ($P=0.7$ vs. group I) and 30% in group III ($P=0.047$ vs. group I).

DISCUSSION:

Prophylactic iv dexamethasone 12mg Significantly reduces the incidence of PONV in infertile women undergoing diagnostic laparoscopy but 8mg dexamethasone isn't effective.

In some previous studies pretreatment with dexamethasone 8mg were reduced incidence of PONV in women undergoing diagnostic laparoscopy. This controversy may be due to preoperative anxiety in infertile patients.

REFERENCES:

- 1-J Int Med Res.31(6):481-8.
- 2-Can J Anaesth.48(10):973-7

KEY WORDS:

Laparoscopy, Dexamethasone, Postoperative nausea and vomiting (PONV).