

Title: The comparison efficacy of ondansetron with metoclopramid and vitamin B6 in treatment of pregnancy nausea and vomiting.

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Introduction:

Nausea and vomiting are seen in 50% to 90% of pregnant women in first trimester. Severe nausea and vomiting associated with weight loss and electrolyte imbalance in pregnancy is called hyperemesis gravidarum (HG). Its cause is unknown but there are some hypotheses like hormonal mechanisms, psychological and emotional factors other such as helicobacter pylori infection. In addition many studies were done for evaluation of anti nausea and vomiting effect of drugs for hyperemesis gravidarum control in pregnant women. The aim of this study was comparative efficacy of ondansetron with metoclopramid and vitamin B6 in treatment of pregnancy nausea and vomiting.

Methods:

In a clinical trial study 129 pregnant women with hyperemesis gravidarum were selected and randomly divided in 3 groups. The first, second and third groups were treated by vitamin B6, metoclopramid and ondansetron oral tablets. Women with hyperemesis gravidarum were selected in Dr Shariati hospital in 2009-2010. For this purpose the pregnant women were treated by 8mg (twice a day), 10 mg bid and 1 tablet in a day respectively. The nausea and vomiting intensity was measured after 1 week was compared them. Also other variables such as age, sex, BMI and etc, was collected by special questionnaire. The entered to computer and analyzed by SPSS software and used chi-square ANOVA and T-student tests for data analysis.

Results:

The vomiting and nausea frequency distribution in B6, metoclopramid and ondansetron was 11.6%, 23.3% and 41.9% respectively and the difference between 3 groups was statistically significant ($P=0.001$).

Conclusion:

All studied drugs have an useful effects for hyperemesis gravidarum control but ondansetron is better than other drugs if the pregnant women have not sensitivity and notice to complications in pregnancy can prescribe for control vomiting and nausea in pregnancy.

Key words: hyperemesis gravidarum, Vitamin B6, metoclopramid, ondansetron.