

## عنوان مقاله:

Comparison of the effect of polyethylene glycol ۴۰% and fig syrups on the treatment of chronic functional constipation in children: A randomized clinical trial

## محل انتشار:

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## خلاصه مقاله:

**Background and aims:** None of the available constipation treatments for children are completely successful. Therefore, the present study aimed to evaluate the effect of the polyethylene glycol (PEG) solution ۴۰% and fig syrup on the treatment of chronic constipation in children. **Methods:** In this double-blind clinical trial, ۱۲۰ patients with chronic functional constipation were selected and divided into two groups. The first group received ۵ mL of fig syrup without senna ۳ times daily, and the second group took PEG ۴۰% syrup at ۱ mL/kg of body weight per day (the dose was adjustable according to the patient's condition and need). At weeks ۰, ۲, ۴, and ۶, a checklist containing questions about children's constipation was completed by the researcher, and the data were analyzed by SPSS version ۲۴. **Results:** Changes in the frequency of abdominal pain at fourth times ۰, ۲, ۴, and ۶ weeks demonstrated statistically significant differences between the two groups ( $P = ۰.۰۴۴$ ), and it was significantly lower the in PEG group; however, the defecation was not statistically significant ( $P = ۰.۹۰۲$ ). After six weeks, the frequency of painful defecation, difficult defecation straining during defecation, and fear of defecation was significantly lower in the group given PEG syrup compared to the fig syrup-receiving group ( $P = ۰.۰۰۱$ ). **Conclusion:** Overall, PEG syrup was significantly effective in treating chronic functional constipation in children compared to the fig syrup.

## کلمات کلیدی:

Constipation, Polyethylene glycol, Children, Fig syrup

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