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THE EFFICACY OF GAVISCON IN THE TREATMENT OF GASTRO-OESOPHAGEAL REFLUX

A. GÜRA*, F. GÜNGÖR***, H. ONGUN*, R. ARTAN**, N. OYGÜR*

Akdeniz University Medical School, Department of Pediatrics, *Division of Neonatology, **Division of Gastroenterology ***Department of Nucleer Medicine, Antalya, Turkey

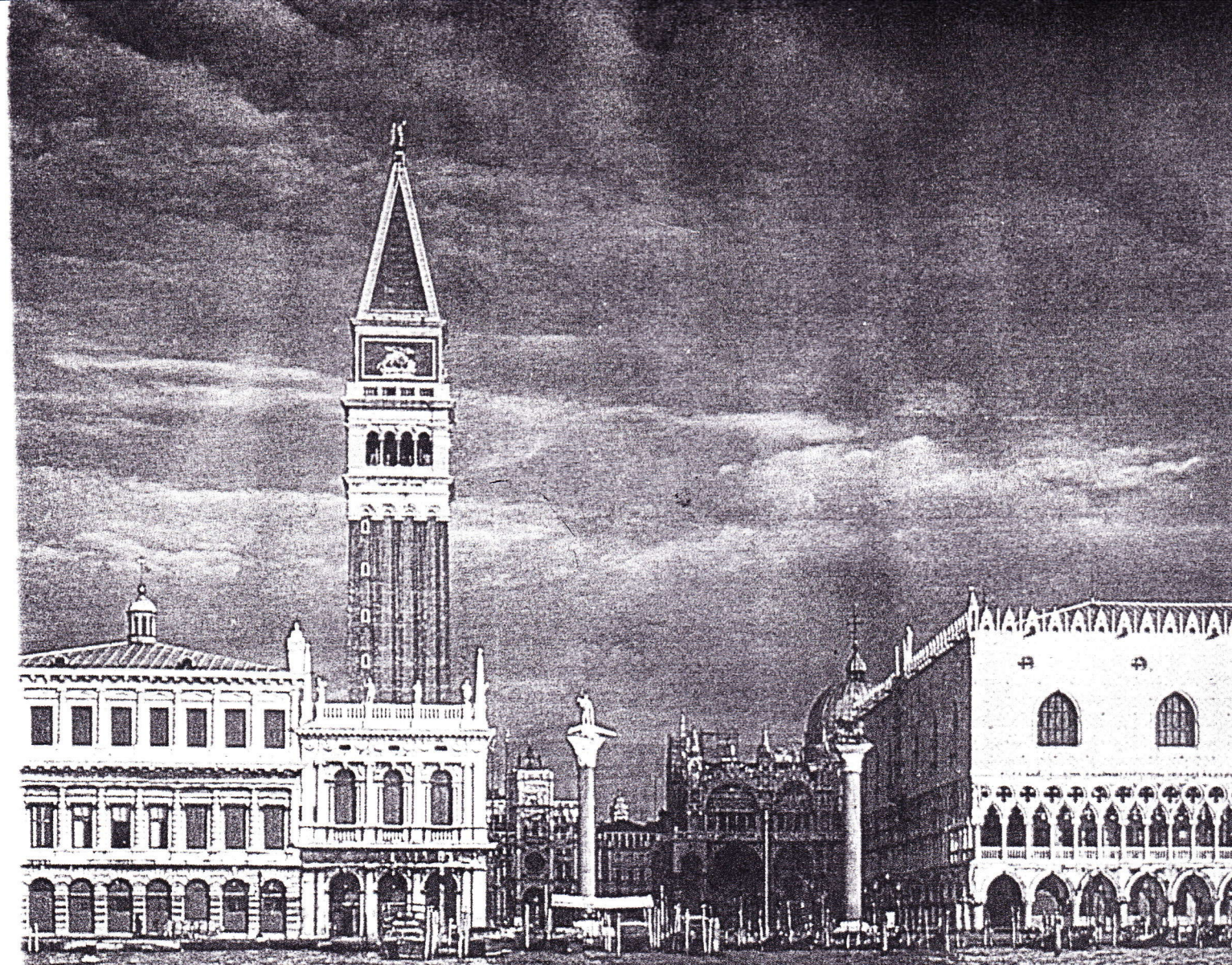
Gastroesophageal Reflux (GER) is usually a self-limiting disorder of especially preterm infants which resolves in time but, sometimes, it can cause serious problems. In patients with symptomatic GER, pharmacologic treatment is recommended but, no ideal pharmacologic agent still exists for the treatment of symptomatic/patologic GER in newborns.

In this study, we investigated the efficacy and safety of the sodium alginate preparation, Gaviscon, in the treatment of gastro–oesophageal reflux (GER) in preterm infants.

A total of 36 preterm infants with symptomatic GER were selected at random, 18 (Group A, patient group) were treated with sodium alginate (1ml/kg/day) and 18 (Group B, placebo group) treated with sterile water (1ml/kg/day) for 14 days. They were kept in prone position with a 30 degree elevation. The number of reflux episodes, graded as Degree of Reflux (DR), and the Percentage of Reciduel Activity (PRA) in the stomach were determined by standard radionuclide imaging technique. Relief of symptoms, duration of hospitalization, feeding tolerance and weight gain/week of Group A were compared with Group B at the end of treatment.

The difference in birthweight and gestational age were not statistically significant between Group A and B ($p>0,05$). In Group A, duration of hospitalization was significantly shorter ($p<0.05$) and increase in weight gain/week was significantly higher ($p<0.01$) than Group B. Relief of symptoms was detected in %44 (8/18) of patients in Group A while no relief of symptoms was detected in any of the patients in Group B. On scintigraphic studies, DR decreased significantly after treatment in both groups, being more significant in Group A ($p<0.05$ for Group A versus $p<0.01$ for Group B). PRA did not change significantly before and after treatment in both groups ($p>0,05$). No adverse effect were detected during the Gaviscon treatment.

Gaviscon may be an alternative drug in the first line conventional treatment of GER. Besides, the prone position can lessen the episodes of reflux.



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ABSTRACTS