Oral Clonidine Premedication Reduces Nausea and Vomiting in Children after Appendectomy

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Abstract: Objective: Clonidine is an alpha 2-agonist which is used as a sedative premedication in children. There are conflicting results in the published literature about the effect of clonidine on the incidence of post operative nausea and vomiting (PONV). We therefore decided to evaluate the effect of oral clonidine given preoperatively on the incidence of PONV in children after appendectomy.

Methods: sixty children, 5-12 years old, classified as American Society of Anesthesiologists physical status I and II, who were scheduled for appendectomy were enrolled in this randomized double blinded clinical trial. Patients were randomly assigned into two groups of 30 patients. Patients in clonidine group were given 4 mu g.kg\(^{-1}\) clonidine in 20 cc of apple juice and patients in control group were given only 20 cc of apple juice 1 hour before transporting to operating room. The protocol of general anesthesia and postoperative analgesia was the same for two groups. Incidence of PONV and antiemetic usage of patients were assessed during 0-24 hours after anesthesia.

Findings: The patients' characteristics were similar in two groups. Patients who had received clonidine had significantly less episodes of PONV and also less rescue antiemetic usage than patients in control group.

Conclusion: we showed that oral clonidine at a dose of 4 mu g.kg\(^{-1}\) administered preoperatively is associated with a reduced incidence of postoperative vomiting in children who have undergone appendectomy.

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