



Effect Supermint oil (Peppermint oil) on children's pain during Colonoscopy

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Introduction:

Pain during colonoscopy, especially in children, including the challenges faced by the medical team. The aim of study was investigation the analgesic effect Supermint oil (peppermint oil) on pain in children during colonoscopy.

Methods and Materials:

In this clinical trial study, 101 children (7-14 years old) candidate colonoscopy were randomly divided into two groups, respectively. About half an hour before the colonoscopy case group (n=51) was administrated oral drops Supermint oil (peppermint oil). Patients were filled a pediatric pain questionnaire. In control group (n=50) filled a questionnaire without any administration. Data were analyzed using SPSS version 11.5 and (T-test and Paired sample t-test, Corraletion, Man withney).

Results:

Mean value of pain, duration of colonoscopy in control group was $5/60 \pm 1/85$ and in case group was $4/20 \pm 1/70$ and this diference was significant ($P < 0.05$). The comparison of pain, between the two groups was significant ,as in control, frequency of abdominal pain were two times at maximum, but in the case for some patients were more than 3 times($p < 0.05$). In the case group abdominal pain lasting less than 1 minute and the control group were between 1 to 3 minutes, and this diference were significant($P < 0.05$).

Conclusion:

We recommend using peppermint oil as a safe, without complications and inexpensive pain medication during child colonoscopy.

Key words: Colonoscopy, Pain, Peppermint, Supermint.

Poster Presentation, N12

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