



Effect Supermint oil (Peppermint oil) on the Patient's and Colonoscopy Team Satisfaction During Colonoscopy in Children

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Introduction:

Colonoscopy is an invasive method that is painful for patient especially for children. The objective of this research was investigation of the effect of supermint oral drop (peppermint essence) on the patient and colonoscopist group satisfaction during colonoscopy.

Materials and Methods:

One hundred and one patient's candidate for colonoscopy was randomly divided into two groups. Control group did not receive any drug. Case group was administrated oral drop of supermint 30 minute before colonoscopy. A standard questionnaire was filled during the colonoscopy for satisfaction of the patient and colonoscopist group. Data were analyzed using SPSS software version 15 and T-test.

Results:

Two percents in control group and 54.9% in case group have a great degree of satisfaction. Besides, mean degree of satisfaction in case group was 64.7% that significantly difference with control group (2%) ($P<0.05$). 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 difference was significant ($P<0.05$).

Conclusion:

The results of this study showed that peppermint essence causes increase in satisfaction in both patient and colonoscopy group.

Key words: Peppermint, Pain, Colonoscopy, Supermint

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