



EVALUATION OF THE EFFECTIVENESS OF METEOSPAZMIL IN THE TREATMENT OF IRRITABLE BOWEL SYNDROME

**Bekenova F.K., Omarkhanova S.R., Kurmanova G.B.,
Rakhimbekova G.K., Assyl U.O., Amangeldi A.A.**

Astana Medical University

Astana, Kazakhstan

Introduction. The clinical efficacy of the combined drug alverin citrate and simethicone (meteospasmil) in patients with various variants of irritable bowel syndrome (IBS) was studied.

Materials and methods. The study included 58 patients with IBS. 33 of them were diagnosed with IBS with diarrhea (IBS-D), 25 with IBS with constipation (IBS-C). The diagnosis was made on the basis of the Rome criteria for IBS IV revision. All patients received meteospasmil 1 tablet 3 times a day for 28 days. An individually tailored diet was prescribed. The severity of abdominal pain was assessed using a visual analogue scale - VAS (from 0 - no pain to 10 - maximum pain). The severity of clinical symptoms: flatulence, changes in the consistency and frequency of stools was assessed according to a 3-point system: mild, moderate, severe.

Results. Before treatment, the VAS values for IBS-C and IBS-D were 6.1 ± 0.6 and 5.8 ± 0.5 , respectively. After the end of treatment with meteospasmil, the pain syndrome was completely stopped in 48 (83%) patients; in 10 (17%) pain intensity decreased, amounting to 1.3 ± 0.2 points and 1.2 ± 0.2 points in IBS-C and IBS-D, respectively. The phenomena of flatulence stopped in 44 (76%) patients. Normalization of the stool was noted in 38 (65.5%) patients. In 8 patients with IBS-C, the severity of changes in stool decreased from 2.8 ± 0.2 to 1.2 ± 0.1 points. In 12 patients with IBS-D, the severity of stool changes also decreased by more than 1 point. Our results confirm the conclusions of a number of authors regarding the reduction in the intensity of abdominal pain and the severity of clinical symptoms when meteospasmil is used in the treatment of various forms of IBS. Meteospasmil was well tolerated and no side effects were observed.

Conclusion. The conducted study showed that the use of the combined drug meteospasmil in the complex therapy of IBS confirms the good therapeutic effect and safety of the drug.