

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

Antispasmodics including peppermint oil may be effective for IBS

A recent Alberta Tools for Practice¹ notes that approximately 60% of patients report overall symptom or abdominal pain "improvement" on antispasmodics (including peppermint oil), compared to ~30-50% on placebo, with numbers needed to treat of 3-8.

Compared to placebo, adverse events occur for an additional 1 in 20 with antispasmodics and 1 in 11 on peppermint oil.

The antispasmodics are hyoscine (the only one available in NZ), pinaverium, trimebutine, dicycloverine, and peppermint oil.

Reference:

1. Alberta Tools for Practice # 229 - Antispasmodics and peppermint oil: Old news or a breath of fresh air in managing Irritable Bowel Syndrome (2019) [Click here](#)

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One Day UPDATE

Red Whale



the Goodfellow Unit presents Red Whale's GP Update



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