

A Comparison of preoperative Dexamethasone and pethidine in the prevention of post-operative shivering in patients undergoing simple urologic surgery

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Background: Post-operative shivering is very common and followed by many problems such as increased oxygen consumption, intracranial and intraocular pressure, and post operation pain. The goal of this study was comparing the effect of Pethidine (Meperidine) Dexamethasone on prevention of shivering.

Material and Methods: This double blind clinical trial study -was carried out on 120 patients who were candidates for simple urologic under general anesthesia. The patients were randomly divided into two groups including those who received Dexamethasone (A) and pethidine (B). After pre medication and before of induction Dexamethasone and Pethidine were injected to groups A and B respectively. In recovery all patients were controlled for visible Shivering.

Results: There were no significant differences among two mentioned groups regarding of weight, age and duration of surgery. Only nine cases (15%) in group D had post-operative shivering. Whereas, in group P 26 cases (44.3%) had shivering and the difference between 2 groups was significant. (P value =0.002)

Conclusion: pethidine and dexamethasone are effective drugs for preventing of post-operative shivering in simple urologic surgery, and the effect of dexamethasone in preventing the post – operative shivering is better than pethidine.

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