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**EVALUATION OF THE ROLE OF ORAL  
PREDNISOLONE IN THE TREATMENT OF  
INTRACTABLE HYPEREMESIS  
GRAVIDARUM. A RANDOMIZED STUDY**

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**ABSTRACT**

*Objective : To evaluate the role of oral Prednisolone in the management of intractable hyperemesis gravidarum, and to compare the efficacy of two different doses of the drug.*

*Methods : 36 pregnant women with gestational ages of 6 to 10 weeks presented with severe, intractable hyperemesis gravidarum and weight loss more than 10% of the pre-pregnancy weight, with no response to the outpatient management during the period between March 2002 and May 2004. They were assigned by simple randomization to receive 30 mg prednisolone; 15 mg prednisolone daily by oral route and a control group to receive the conventional in-patient treatment. The study outcome was evaluated by hours till cease of vomiting, time till the start of oral feeding, duration of hospital stay, number of readmissions and, any maternal side effects. Some of the women were followed up till the time of delivery where baby weight and any teratogenic effects were recorded.*

*Results : Women who received Prednisolone, both 15 and 30 mg, showed a better response to treatment with the fewer hours till cease of vomiting ( $10.46 \pm 2.59$  versus  $20.67 \pm 5.03$ ,  $P = 0.00138$ ). They started oral feeding earlier ( $17.36 \pm 2.75$  versus  $28.33 \pm 10.65$ ,  $P = 0.00442$ ). The mean hospital stay was significantly shorter in the Prednisolone group ( $2.39 \pm 0.68$  versus  $3.75 \pm 1.29$ ,  $P = 0.00402$ ). The number of readmissions was significantly higher in the control group.*

*Further comparison between the first and second group did not show any*