



## Clinical research on Changqing decoction for colonoscopy preparation

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Received: July 25, 1998

Revised: August 23, 1998

Accepted: September 14, 1998

Published online: October 15, 1998

### Abstract

**AIM:** To study a satisfying traditional Chinese remedy for the intestinal tract.

**METHODS:** 55 healthy male pilots without any digestive symptom or any acute or chronic disease of other systems were divided into two groups at random, 30 of them in the Changqing decoction group and 25 in mannitol group as control. 203 patients were divided into

three groups at random, 86 of them in the Changqing decoction group, 59 in a senna group and 58 in mannitol group as control groups. By colonoscopy, the effects of Changqing decoction, senna and mannitol on the whole large intestinal tract, preparation time, after taking medicines, the first time to pass feces, the frequency of passing stool, and the side-effects were studied.

**RESULTS:** The cleaning effect of the Changqing decoction is much better than that of senna or mannitol, including in the healthy groups or in the patient groups ( $P < 0.01$ ) and the side effects are less than those in two control group ( $P < 0.01$ ). After taking medicines, there are no significant difference among all groups for the first time and the frequency to pass stool.

**CONCLUSION:** These findings indicate that the cleaning effect of the Changqing decoction is exact, cheap and has less side effects. It is worthy of further studying and recommending.

**Key words:** Digestive system diseases; Drugs, Chinese herbal; Colonoscopy

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Xiong JG, Liu YX, Li H, Wang M, Liu H, Ding HF. Clinical research on Changqing decoction for colonoscopy preparation. *World J Gastroenterol* 1998; 4(Suppl2): 145 Available from: URL: <http://www.wjgnet.com/1007-9327/full/v4/iSuppl2/145.htm> DOI: <http://dx.doi.org/10.3748/wjg.v4.iSuppl2.145>

E- Editor: Li RF



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