

Nasogastric Decompression in Gastrectomies- Is it useful? An RCT

Preethi S Shetty¹, Joji I Malieka¹, M. P. Sasi¹ and Prathapan VK²

¹Dept of General Surgery, Government Medical College Calicut, India

²Dept of Surgical Gastroenterology, Government Medical College Calicut, India

Background: Historically gastrectomies have been done with nasogastric decompression in the belief that it prevents post operative complications especially duodenal blow out. However it has been constantly noted that NG tube cause much discomfort to the patient.

Aims/Objectives:

- 1) To evaluate the need for nasogastric decompression in gastrectomies.
- 2) To Study the benefits of surgery without nasogastric decompression.

Methods:

- 1) Design : Prospective randomised control study
- 2) Study Period : June 2011 – May 2012
- 3) Study Setting : Calicut Medical College – Dept. of General Surgery & Surgical Gastro
- 4) Sample size : 28 patients with adenocarcinoma randomised to Group A – without NG tube (n = 9) & Group B – with NG tube (n = 19)
- 5) Exclusion criteria : Patients with gastric outlet obstruction on history & inoperable cases.

Results: Time to pass flatus was found to be faster in patients without nasogastric aspiration (p = 0.045). However the time to liquid (p = 0.113) and semi-solid feeds (p = 0.576), & length of hospital stay post surgery (p = 0.837) were not statistically different between the two groups. Incidences of complications were similar in both the groups.

Conclusion: Our paper suggests that there is definitely no clear indication for nasogastric decompression in patients undergoing gastrectomies and these procedures can safely performed without decompression to the comfort of both the patient & the surgeon.

preethi_17shetty@yahoo.co.in