

Oral Psyllium Herbal Laxative , Clinical Trial in a Difficult Group

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Dear Editor,

It is never easy to conduct a randomised double blind control trial in pregnancy and so the importance of this report cannot be over-emphasised (1). Support for this view comes from the fact that 724 of 3136 (23%) of women invited to take part in the study declined to do so. However the outcome has been to demonstrate clearly that the addition of psyllium to the diet in the third trimester can effectively reduce the painful rectal complications of pregnancy. In the treated group 10 patients (1%) had a fissure or haemorrhoids compared to 138 (13%) in the placebo group (2). Such a benefit should be offered to all pregnant women in their last trimester. In addition there should be long term follow-up of these cases to assess whether this benefit extends to include a reduction in the rates of rectal and

vaginal prolapse.

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References

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