

NASOGASTRIC DECOMPRESSION IN GASTRECTOMIES- IS IT USEFUL? A RCT.

Dr. Preethi S Shetty, MS, Senior Resident

Dr. Prathapan V.K., MS, MCh, Professor & HOD

Dept. of Surgical Gastroenterology

Government Medical College, Calicut

Kerala, 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. Hence this study was conducted to determine the need for nasogastric decompression in elective gastrectomies for gastric malignancy.

Method: The study was a prospective randomised control study based in the department of Surgical Gastroenterology during the period June 2011 – November 2012. 64 patients with gastric adenocarcinoma were randomised to Group A – without NG tube (n = 15) & Group B – with NG tube (n = 18) preoperatively and 20 were excluded due to presence of pyloric stenosis.

Results: Time to pass flatus ($p < 0.001$), tolerate liquid ($p = 0.004$) and semi-solid feeds ($p = 0.046$) were found to be faster in patients without nasogastric aspiration. However length of hospital stay post surgery ($p = 0.224$) was 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