

# 新斯的明足三里注射治疗剖宫产术后 肠胀气 96 例临床观察

崔张霞

(陕西中医药大学第二附属医院, 陕西 咸阳 712000)

**摘要:** **目的** 探讨新斯的明足三里穴位注射疗法治疗剖宫产术后肠胀气的疗效。 **方法** 将 192 例剖宫产术后肠胀气患者随机分成两组, 每组均为 96 例, 治疗组予以新斯的明足三里穴位注射治疗, 对照组予以常规治疗(腹部按摩、下床活动、开塞露灌肠)。 **结果** 治疗组有效率 91.66%, 对照组 71.87%, 治疗组有效率明显高于对照组 ( $P < 0.01$ )。 **结论** 新斯的明足三里注射治疗剖宫产术后肠胀气优于常规治疗。

**关键词:** 新斯的明; 足三里注射; 开塞露灌肠; 剖宫产术; 肠胀

**中图分类号:** R714 **文献标识码:** A **文章编号:** 1672-0571(2017)01-0043-003

**DOI:** 10.13424/j.cnki.mtcm.2017.02.018

## On Therapy of Injecting Neostigmine on Zusanli Acupoint of 96 Intestinal Tympanites Patients Undergoing Cesarean Section

Cui Zhangxia

(Second Affiliated Hospital of Shaanxi University of Chinese Medicine, Xianyang 712000, China)

**Abstract Objective:** To investigate the effect of neostigmine injection at Zusanli (ST 36) on intestinal tympanites patients after the operation of cesarean section. **Methods:** The 192 flatus patients of postoperation were randomly divided into two groups, with 96 cases in each. Neostigmine was injected on patients' Zusanli in treatment group, while the conventional therapy (abdominal massage, out-of-bed activity and glycerine enema) was used to treat patients in the control group. **Results:** The effective rates in treatment group and control group were 91.66% and 71.87% respectively, and the effective rate in treatment group was significantly higher than that in control group ( $P < 0.01$ ). **Conclusion:** The effect of Zusanli neostigmine injection on flatus patients undergoing cesarean section is better than the routine therapy.

**Keywords** neostigmine, Zusanli injection, glycerine enema, cesarean section, flatus

近年来 伴随剖宫产率的上升, 术后肠胀气患者明显增多。剖宫产术后肠胀气是指剖宫产手术后 24 ~ 72h 内, 出现腹部胀满不适, 不能自主排气。可能与术中麻醉、手术创伤, 术后镇痛泵的应用, 以及术后因伤口疼痛未按时下床活动, 术后饮食量少等因素有关。剖宫产术后尽早排气, 有助于产妇营养饮食, 身体恢复, 母乳喂养。为减少产后肠胀气,

促进肠功能恢复, 对我院 2012 年 9 月 ~ 2015 年 12 月住院剖宫产术后 24 小时未排气且感腹胀患者 192 例, 随机分成治疗组与对照组, 每组 96 例, 治疗组予以新斯的明足三里注射, 对照组予以常规腹部按摩, 下床活动, 开塞露灌肠等治疗, 分别观察 24 小时与 48 小时内肛门自主排气情况, 结果显示治疗组有效率明显高于对照组。