

Review: 5-HT₃ receptor antagonists cut peri-op shivering

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(HealthDay)—5-HT₃ receptor antagonists (5-HT₃RAs) seem to be

effective for preventing perioperative shivering (POS), according to a review and meta-analysis published online Sept. 15 in the *Journal of Clinical Pharmacology*.

Wen Wang, from the Chinese Academy of Medical Sciences and Peking Union Medical College in Beijing, and colleagues reviewed the results of [randomized trials](#) examining the preventive efficacy and safety of 5-HT₃RA on POS. Data from 16 studies with 1,126 patients were included in a meta-analysis.

The researchers found that intravenous administration of 5-HT₃RAs significantly reduced the incidence of POS (risk ratio [RR], 0.44; 95 percent confidence interval [CI], 0.35 to 0.56) and of [postoperative nausea](#) and vomiting (RR, 0.52; 95 percent CI, 0.28 to 0.97) compared with the control group. 5-HT₃RAs were not superior for lowering the rate of bradycardia (RR, 0.75; 95 percent CI, 0.38 to 1.49) or hypotension (RR, 0.79; 95 percent CI, 0.44 to 1.43).

"More high-quality of [randomized controlled trials](#) with larger sample size are still required to draw a definite conclusion about the preventive efficacy of 5-HT₃RAs on POS prevention in the future," the authors write.

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