

## Apple Juice for Postoperative Nausea and Vomiting?

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**Submitted:** 31 Aug 2018; **Accepted:** 10 Sep 2018; **Published:** 28 Sep 2018

Paediatric patients undergoing conventional general anaesthesia, particularly for adnexal surgery, frequently report postoperative nausea and vomiting (PONV).

Although PONV is common, early postoperative oral fluid intake can influence the need for opioids and postoperative vomiting [1,2]. Unless there is a clear contraindication, researchers have indicated that it is safe and recommended for children able to take clear fluids, up to 1 hour prior to elective general anaesthesia [3].

Among fluids thought to reduce the effects of PONV are “flat coke” and dilute apple juice; the latter also being an appropriate alternative to electrolyte maintenance in children with mild gastroenteritis [4].

It would be helpful to know why such fluids may help and with which mechanism they interact? PONV is not insignificant with adnexal surgery and it is acknowledged that the surgery itself may of course have potential emetic effects.

**References**

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