

# Peppermint oil for the treatment of Irritable Bowel Syndrome

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We hypothesize that treatment with peppermint oil will lead to a greater symptom (especially abdominal pain) reduction in IBS patients compared to placebo. This will lead to a higher total percentage of responders (as defined by FDA/EMA...

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON21220

### Bron

Nationaal Trial Register

### Verkorte titel

PERSUADE

### Aandoening

Irritable Bowel Syndrome  
Abdominal Pain

## Ondersteuning

**Primaire sponsor:** Maastricht University Medical Center

**Overige ondersteuning:** ZonMw

## Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

As per FDA recommendation;<br>

1. Abdominal pain response rate after 8 weeks of treatment.<br>

a. A responder is defined as a patient who experiences at least a 30 percent decrease in the weekly average of worst daily abdominal pain (measured daily, on an 11 point NRS) compared to baseline weekly average in at least 50 percent of the weeks in which the treatment is given.

<br><br>

As per EMA recommendation;<br>

2. Degree of relief response rate after 8 weeks of treatment.<br>

a. A responder is defined as a patient who experiences a weekly relief of 1 or 2 (on a 7 point NRS) in at least 50 percent of the weeks in which treatment is given.

## Toelichting onderzoek

### Achtergrond van het onderzoek

Background of the study:

Peppermint oil has shown to be effective in the treatment of IBS symptoms in several meta-analyses. However, the level of evidence is moderate and peppermint oil remains relatively under-used in IBS. Therefore, we plan to conduct a multicenter randomized controlled trial to investigate the effects of an eight-week peppermint oil treatment in IBS patients according to current EMA/FDA guidelines. To improve efficacy and to reduce side effects, we aim to study the use of a new peppermint oil formulation, a colon-targeted-delivery capsule that will release the oil in the (ileo-) colonic region specifically.

Study design:

a randomized, double blind, placebo-controlled clinical trial with three parallel study arms.

Study population:

178 patients with Irritable Bowel Syndrome, 18 - 75 years old.

Intervention:

group A will receive 8 weeks of daily treatment with enteric-coated peppermint oil capsules(TempocolOO), group B will receive 8 weeks of daily treatment with colon-targeted-delivery peppermint oil capsules(Tempocol-ColoPulseOO), group C will receive 8 weeks of daily treatment with placebo capsules.

Primary study parameters/outcome of the study:

1. Abdominal pain response rate after 8 weeks of treatment.

a. A responder is defined as a patient who experiences at least a 30 percent decrease in the weekly average of worst daily abdominal pain (measured daily, on an 11 point NRS) compared to baseline weekly average in at least 50 percent of the weeks in which the treatment is given.

2. Degree of relief response rate after 8 weeks of treatment.

a. A responder is defined as a patient who experiences a weekly relief of 1 or 2 (on a 7 point NRS) in at least 50 percent of the weeks in which treatment is given.

Secondary study parameters/outcome of the study (if applicable):

Global symptom improvement, abdominal discomfort, bloating, regurgitation, nausea, urgency, abdominal cramps (as determined by symptom diary and Irritable Bowel Syndrome Symptom Severity Scale (IBS-SSS), average stool frequency and consistency (measured by the Bristol Stool Form Scale) at baseline and after treatment (number of complete spontaneous bowel movements (CSBMs) for IBS-C, more lumpy stools in case of IBS-D), cost-utility (as determined by calculations with EQ-5D, direct costs MCP, indirect costs PCQ and social tariff, quality of life (as determined by the EQ-5D and IBS-QoL), use of OTC and rescue medication, number and severity of side effects, responder rates following discontinuation of treatment at 4 and 6 months, different thresholds for the responder analysis of abdominal pain (e.g. 40 and 50 percent improvement). Worst-case-analysis: imputing a non-response day for each day on which the electronic diary entry was missing (due to non-reporting of the patient).

Nature and extent of the burden and risks associated with participation, benefit and group relatedness (if applicable):

Subjects may be confronted with certain inconveniences and minor risks. Study participants have to visit the hospital 4 times, including the first visit in which eligible subjects will be screened before participation. The screening will take up to 1 hour and will consist of a simple questionnaire, a general physical exam performed by the physician-investigator and a standard pregnancy test (in women of fertile age, <55 years only). If deemed suitable by the investigator, subjects will enter the run-in period. During this period, patients are asked to report their daily stool and symptom scores to an electronic diary. If after the run-in period, patients meet the in- and exclusion criteria, they will enter the treatment period. If randomized to peppermint oil treatment, the subject may feel relief of IBS symptoms. If randomized to placebo, the subject may experience minor burden due to not receiving treatment (although dietary and lifestyle advice continue). Side effects of peppermint oil include heartburn, esophageal reflux, a burning anal sensation and a headache. During the treatment period, daily symptom and stool scores have to be reported. Moreover, several questionnaires have to be completed at several time-points, taking several hours in total.

## **Doel van het onderzoek**

We hypothesize that treatment with peppermint oil will lead to a greater symptom (especially abdominal pain) reduction in IBS patients compared to placebo. This will lead to a higher total percentage of responders (as defined by FDA/EMA recommendations) in the peppermint oil arm, compared to placebo.

## **Onderzoeksopzet**

Subjects are requested to fill in the symptom diary everyday.

Other time point include:

T= 0, baseline

T= 2 weeks

T= 4 weeks

T= 6 weeks

T= 8 weeks

T= 3 months after intervention ended

T= 6 months after intervention ended

## **Onderzoeksproduct en/of interventie**

Arm 1: enteric-coated Peppermint Oil capsules

Arm 2: colon-targeted-delivery Peppermint Oil capsules

Arm 3: Placebo

## **Contactpersonen**

### **Publiek**

-  
- Persuade  
Maastricht  
The Netherlands  
-

-  
- Persuade  
Maastricht  
The Netherlands  
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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age between 18 and 75 years;
  2. Diagnosed with Irritable Bowel Syndrome according to the Rome III criteria:
    - Recurrent abdominal pain or discomfort, at least 3 days/month for the last 3 months;
    - Symptom onset at least 6 months prior to diagnosis
    - Associated with two or more of the following:
      1. Improvement with defecation;
      2. Onset associated with a change in frequency of stool;
      3. Onset associated with a change in form (appearance/consistency) of stool;
  3. Based on the medical history and previous examination, no other causes for the abdominal complaints can be defined. Especially no history of:
    - a. Inflammatory Bowel Disease;
    - b. Celiac Disease;
    - c. Thyroid dysfunction (if not well-regulated);
- If alarm symptoms (including unexplained rectal blood loss or weight loss) are present, a colonoscopy has been performed and was negative for other causes.
4. Women in fertile age (<55 years old) must use contraception or be postmenopausal for at least two years.

5. Average worst abdominal pain score (on 11-point NRS) of > 3, during the two-week run-in period.

## **Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)**

1. Insufficient fluency of the Dutch language;
2. Any previous use (also incidental use) of peppermint oil capsules in the last 3 months prior to inclusion;
3. The inability to stop regular use of medication affecting the gastro-intestinal system (such as Non Steroidal Anti Inflammatory Drugs (NSAID), laxatives, prokinetics, opioids, spasmolytics and anti-diarrhoeal drugs);
  - a. The use of 1 antidepressant drug is allowed, providing dosing has been stable for > 6 weeks before enrollment;
  - b. The use of 1 proton pump inhibitors (PPI) is allowed, providing dosing has been stable > 6 weeks before enrollment;
4. Previous major abdominal surgery or radiotherapy interfering with gastrointestinal function:
  - a. Uncomplicated appendectomy, cholecystectomy and hysterectomy allowed unless within the past 6 months;
  - b. Other surgery upon judgment of the principle investigator;
5. History of liver disease, cholangitis, achlorhydria, gallstones or other diseases of the gallbladder/biliary system;
6. Pregnancy, lactation;
7. Using drugs of abuse;
8. Known allergic reaction to peppermint.

## **Onderzoeksopzet**

### **Opzet**

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel

Toewijzing:	Gerandomiseerd
Blindering:	Dubbelblind
Controle:	Placebo

## Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	30-05-2016
Aantal proefpersonen:	180
Type:	Verwachte startdatum

## Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

**Wordt de data na het onderzoek gedeeld:** Nog niet bepaald

## Ethische beoordeling

Positief advies	
Datum:	03-05-2016
Soort:	Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL5490
NTR-old	NTR5812

**Register**

Ander register

**ID**

EudraCT2015-005467-16 : NCT02716285

## Resultaten