

## MODERN COMPLEX PHARMACOTHERAPY OF IRRITABLE BOWEL SYNDROME WITH CONSTIPATION

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**Entry.** Irritable bowel syndrome (IBS) is a functional intestinal disorder that presents with abdominal pain syndrome and/or altered bowel movement and/or flatulence. The Roman criteria III revision distinguish three main forms of IBS: IBS with constipation (IBS-c), IBS with diarrhea, a mixed form of IBS. In the World, its prevalence is 14-45%. There is no complete information on Ukraine. According to 2014 data, the prevalence of IBS is 11%. Women get sick twice as often as men do. Factors that negatively affect the prognosis of the disease include chronic stress, comorbid mental illnesses, and long history of the disease.

**Goal.** Analysis and study of recommendations for complex pharmacotherapy of IBS-c.

**Materials and methods.** We analyzed the order of the Ministry of Health of Ukraine № 471 of 10.08.2007 and practical recommendations of the World Gastroenterological Organization (update September 2015).

**The results and discussion.** In the treatment of patients with IBS-c, there are three main directions: the first is dietary guidance and maintenance of a food diary; the second one is the use of psychotropic drugs and psychotherapeutic methods; the third is pharmacotherapy, which based on the presence of a patient in a particular clinical variant of the disease. Dietary recommendations include reducing the intake of insoluble fiber with large volumes of fluid; this will help to avoid side effects: bloating, flatulence, spasms. New direction in the treatment is a diet with a reduced content of oligo, di-, monosaccharides and polyols (FODMAP), which helps to correct the bowel movements. However, today, the long-term effect and safety of low-FODMAP diet have not been proven yet. Good results have been shown by cognitive behavioral therapy, which helps the patient learn: relaxation techniques, situational management. Several groups of laxatives are recommended for patients with IBS-c. Means, that increase the volume of intestinal contents-preparations based on dietary fibers of isphagula (Psyllium, Defenorm, Tranzilan, Mukofalk). During the treatment the last of these drugs to prevent dehydration, you need to consume enough fluids (at least 2-2.5 liters per day). Means, which have osmotic properties: Macrogol 4000, Lactulose, which have no irritant effect on the lining of the colon and are not addictive.

**Conclusions.** Thus, complex treatment of IBS-c can ensure the cessation of symptoms of the disease or reduction of their intensity; relief pain and dyspeptic syndromes, normalization of stool and laboratory tests improve overall health.

## MODERN PHARMACOTHERAPY OF PREMATURE VENTRICULAR CONTRACTIONS

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**Introduction.** Premature ventricular contractions (PVS) are the disorder of the implementation of the impulse in the myocardium, which leads to the second spontaneous depolarization, often the outside by the conducting system, and the rapid reduction of heart rate. To explain the appearance of PVS with the appearance of an ectopic focus of critical inconvenience, and the re-entry mechanism, when the