INPLASY

Polyethylene glycol compared to lactulose for constipation in pregnancy: a meta-analysis

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Data analysis.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 05 August 2024 and was last updated on 16 August 2025.

INTRODUCTION

Review question / Objective We performed a meta-analysis to compare the efficacy and adverse effects of Polyethylene glycol(PEG) and lactulose in the treatment of constipation during pregnancy.

Condition being studied BSFS score, Wexner score, and adverse reactions such as abdominal pain/bloating, vomiting, and diarrhea.

METHODS

Participant or population Woman during pregnancy; Patients with functional constipation meet Rome IV diagnostic criteria.

Intervention Patients were treated with PEG.

Comparator Patients were treated with lactulose.

Study designs to be included The search strategy was RCTs.

Eligibility criteria (1) Woman during pregnancy; (2) Patients with functional constipation meet Rome IV diagnostic criteria. (3) The study population was excluded from complications with severe organ function, inflammatory bowel disease, and intestinal obstruction. (4)Patients were treated with PEG or lactulose.

Information sources A comprehensive manual search of the PubMed, Embase and Cochrane databases was conducted in order to select relevant randomised controlled trials. Should the necessity arise to obtain pertinent research data, the authors will be duly contacted.

Main outcome(s) BSFS score, Wexner score, and adverse reactions such as abdominal pain/bloating, vomiting, and diarrhea.

Quality assessment / Risk of bias analysis We evaluated the methodological quality of the individual studies using the Cochrane risk of bias tool for RCTs.

Strategy of data synthesis The estimates are expressed as odds ratio (OR) or mean difference (MD) with a 95% confidence interval (CI).

Subgroup analysis None.

Sensitivity analysis We conducted sensitivity analyses to investigate the in fluence of a single study on the overall pooled estimate of each predefined outcome.

Language restriction None.

Country(ies) involved China.

Keywords polyethylene glycol; lactulose; constipation; pregnancy.

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