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primary studies - published RCT

## The effect of a first-generation antihistamine on sputum viscoelasticity in cystic fibrosis.

**Code:** PM17388752

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**Author:** Hornick DN

### Study design (if review, criteria of inclusion for studies)

randomized trial

### Participants

16 clinically stable CF patients.

### Interventions

cyproheptadine hydrochloride (CH) (2 mg QID for 1 week followed by 4 mg QID for 11 weeks) or placebo

### Outcome measures

sputum weight, viscoelasticity, and transportability. Sputum was obtained by voluntary forced cough and expectoration prior to starting CH or placebo and at 4 weeks. Viscoelasticity was measured by rheometry and cough transportability by simulated cough machine. Sufficient paired sputum for rheologic analysis was obtained on 4 placebo and 7 CH subjects and for cough transportability analysis on 3 placebo and 6 CH subjects. Weight on all specimens was obtained prior to both analyses.

### Main results

There were no significant differences in sputum weight wet, measures of mucus viscoelasticity (rheology), or cough transportability of mucus between baseline and 4 weeks in patients on placebo or CH

### Authors' conclusions

From this limited study, CH, a first-generation antihistamine, appears to have no adverse effects in sputum viscoelasticity or cough transportability in CF patients.

<http://dx.doi.org/10.1089/jam.2006.0593>

### See also

J Aerosol Med. 2007 Spring;20(1):45-9.

### Keywords

Adolescent; Adult; Appetite Stimulants; Child; Cyproheptadine; pharmacological\_intervention; placebo; Airway clearance drugs -expectorants- mucolytic- mucociliary-;