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Summary

PEPPERMINT OIL VERSUS URSODEOXYCHOLIC ACID FOR PREVENTING RECURRENT CHOLEDOCHOLITHIASIS AFTER ERCP STONE CLEARANCE: A 2-YEAR PROSPECTIVE RANDOMIZED CONTROLLED TRIAL

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UEG Week Barcelona 2026 | Presentation

Radiology & Imaging | Hepatobiliary | Endoscopy

October 20, 2026

A 24-month randomized trial found peppermint oil showed a favorable trend toward reducing common bile duct stone recurrence compared to ursodeoxycholic acid after ERCP clearance, though the difference did not reach statistical significance.

KEY POINTS

- Stone recurrence at 24 months occurred in 25.2% of patients receiving peppermint oil (0.45 g three times daily) versus 37.5% receiving ursodeoxycholic acid (10 mg/kg/day), with a log-rank P value of 0.076 and adjusted hazard ratio of 0.69 (95% CI 0.41–1.14, P = 0.148).
- Peppermint oil had significantly lower incidence of diarrhea compared to ursodeoxycholic acid (0% versus 6.7%, P = 0.006), though menthol eructation (7.5%) and mild heartburn (4.7%) were more common with peppermint oil.
- Periampullary diverticulum was identified as an independent risk factor for stone recurrence (HR = 1.76, 95% CI 1.02–3.03, P = 0.042).
- Liver function recovery trajectories were comparable between the two groups (P > 0.05).
- The study enrolled 211 patients (107 peppermint oil, 104 ursodeoxycholic acid) aged 18–80 years with complete common bile duct stone clearance confirmed by ERCP in a prospective, open-label, active-controlled trial with 6 months of treatment and 24 months of follow-up.

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