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## Randomized-controlled trial of methocarbamol as a novel treatment for muscle cramps in cirrhotic patients

[Sherief Abd-Elsalam](#)<sup>1</sup>, [Mona Arafa](#)<sup>1</sup>, [Mahmoud Elkadeem](#)<sup>1</sup>, [Asem Elfert](#)<sup>1</sup>, [Shaimaa Soliman](#)<sup>2</sup>, [Walaa Elkhawany](#)<sup>1</sup>, [Rehab Badawi](#)<sup>1</sup>

Affiliations

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### Abstract

**Background:** Muscle cramps occur in 29-88% of patients with liver cirrhosis. They adversely affect quality of life. This study aimed to evaluate the efficacy and safety of methocarbamol as a novel therapy in controlling muscle cramps in cirrhotic patients.

**Patients and methods:** This study was carried on 100 patients with liver cirrhosis in addition to chronic hepatitis C who presented with frequent muscle cramps ( $\geq$ three cramps per week). Half of these patients received methocarbamol and the other half received placebo. This was done through equal randomization. Questionnaires on muscle cramp were answered. Patients were evaluated before, after 1 month of treatment, and 2 weeks after washout of treatment in terms of severity, duration, and frequency of cramps. Liver, renal functions, and electrolytes were analyzed. Also, any side effect was detected.

**Results:** Patients who were treated with methocarbamol showed a significant decrease in the

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