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Summary

COMPARATIVE EFFICACY OF DIFFERENT BOWEL PREPARATIONS FOR COLONOSCOPY: A NETWORK META-ANALYSIS

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Colorectal

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A network meta-analysis of 22 RCTs comparing bowel preparation regimens for colonoscopy found that 2L PEG+simethicone, 2L PEG+lactulose, and 1L PEG+ascorbate achieved superior cleansing success rates compared to 2L PEG+ascorbate, with only 2L PEG+simethicone demonstrating significantly higher adenoma detection rates.

KEY POINTS

- 2L PEG+simethicone, 2L PEG+lactulose, and 1L PEG+ascorbate were significantly superior to 2L PEG+ascorbate for cleansing success defined as total BBPS score of ≥6
- 2L PEG+lactulose ranked highest for cleansing success (SUCRA 0.94), followed by 2L PEG+simethicone (SUCRA 0.93), while 2L PEG+ascorbate showed the poorest performance
- Only 2L PEG+simethicone demonstrated significantly higher adenoma detection rates (RR=1.60, 95%CI=1.05-2.43) compared to 2L PEG+ascorbate among 17 RCTs with 6639 patients
- The analysis included 22 RCTs with 7179 patients for cleansing success outcomes and 14 different bowel preparation regimens administered as split or same-day dosing
- The authors note that further randomized studies with adequate sample sizes are needed for more accurate comparison of adenoma detection rates across preparations

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