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Summary

EFFICACY OF 1-L POLYETHYLENE GLYCOL PLUS ASCORBATE VERSUS 4-L POLYETHYLENE GLYCOL IN SPLIT-DOSE FOR COLONOSCOPY CLEANSING IN OUT AND IN-PATIENT: A MULTICENTRE, RANDOMIZED TRIAL (OVER2019)

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Colorectal

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A single-blinded randomized controlled trial found that 1L PEG plus ascorbate solution achieved superior bowel cleansing compared to standard 4L PEG preparation for colonoscopy, particularly in outpatients, with similar safety and tolerability profiles.

KEY POINTS

- In 478 randomized patients, 1L PEG plus ascorbate showed higher overall cleansing success than 4L PEG (91.8% vs 83.6%; OR 2.207; 95% CI 1.2-4.0; P = 0.01).
- The 1L preparation achieved superior excellent cleansing rates (39.1% vs 27.7%; P = 0.001) and better high-quality right colon cleansing (52.3% vs 38.5%; P = 0.004).
- Among outpatients, 1L PEG plus ascorbate achieved significantly higher cleansing success (96.3% vs 88.6%; P = 0.018), while inpatient results were similar between groups (84.7% vs 76.7%; P = 0.18).
- No significant differences were observed in colonoscopy performance metrics including caecal intubation rate (97.3% vs 96.2%), withdrawal time, or adenoma detection rate (25.5% vs 23.5%).
- Adverse event rates were comparable between preparations, with no significant differences in total, mild, or moderate-to-severe adverse events.

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