THE ROLE OF CARBOHYDRATE RICH DRINK IN REDUCING DISCOMFORT FOR PATIENTS UNDERGOING ELECTIVE OESOPHAGOGASTRODUODENOSCOPY – A RANDOMISED CONTROLLED TRIAL

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UEG Week Copenhagen 2023 | Poster

Oesophagus

October 17, 2023

A single-centre randomised controlled trial found that preoperative carbohydrate drink or water consumed up to 2 hours before oesophagogastroduodenoscopy reduced fasting-related discomfort compared to traditional fasting, without increasing procedural complications or residual gastric fluid.

KEY POINTS

- 262 patients undergoing elective OGD were randomised to carbohydrate drink (50g Nestle Preload in 400ml water), water only (400ml), or standard 6-hour fasting, with beverages consumed up to 2 hours pre-procedure.
- Patients receiving carbohydrate drink reported significantly less hunger (4.68 vs 5.95, p=0.004) and abdominal pain (1.74 vs 2.47, p=0.023) compared to the fasting group.
- Both carbohydrate and water groups experienced significantly less thirst than the fasting group (4.69 and 4.68 vs 5.86, p<0.01), with no significant difference in hunger reduction between carbohydrate and water.
- No procedural complications occurred in any group, 10.7% had suboptimal gastric preparation with no significant difference between arms, and all patients consuming clear fluids had no significant residual gastric fluid.
- The authors propose that allowing water or carbohydrate beverages up to 2 hours before OGD may reduce fasting discomfort and call for larger studies to assess cost-effectiveness and differences between carbohydrate and water.

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