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Summary

CARBON DIOXIDE VERSUS ROOM AIR IN COLONOSCOPY: A SINGLE CENTER RANDOMIZED CONTROLLED TRIAL

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Colorectal

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A prospective randomized controlled trial of 64 patients found that carbon dioxide insufflation during diagnostic colonoscopy resulted in significantly less abdominal bloating and pain compared to room air insufflation.

KEY POINTS

- Patients receiving room air insufflation had significantly higher rates of abdominal bloating compared to carbon dioxide insufflation (59.4% versus 18.7%, P=0.018).
- Abdominal pain was significantly more frequent with room air at 60 minutes (43.8% versus 21.9%, P=0.011) and 180 minutes (28.1% versus 9.4%, P=0.017) post-procedure.
- No patients in either group developed pain after 24 hours, and no adverse events were noted in either group.
- The study enrolled 64 patients from July 2021 to August 2022 who underwent diagnostic colonoscopy with midazolam sedation, with pain assessed using a 10-point visual analogue scale.
- This material is relevant for endoscopists and gastroenterology units considering insufflation gas choices for colonoscopy procedures.

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