

BOOKLETS TO IMPROVE BOWEL PREPARATION QUALITY IN COLONOSCOPY: SYSTEMATIC REVIEW WITH META-ANALYSIS

Giuseppe Losurdo

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Poster

Colorectal

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A systematic review and meta-analysis of six randomized controlled trials (1755 patients) found that visual booklets improve bowel preparation quality for colonoscopy, particularly in outpatients and with non-PEG-based preparations, but do not affect adenoma detection rate.

KEY POINTS

- Visual booklets improved adequate bowel preparation rates compared to controls (86.7% versus 77.5%, OR 2.31, 95% CI 1.20-4.45, $p = 0.01$), with significant benefit in the transverse colon (MD = 0.37, 95% CI 0.01-0.72, $p = 0.03$).
- Outpatients showed greater benefit from booklets than controls (OR = 7.13, 95% CI 5.39-9.45, $p < 0.001$), while no difference was observed in inpatient settings.
- Non-PEG-based preparations (sodium phosphate, magnesium citrate) benefited more from booklets (OR = 5.10, 95% CI 1.82-14.27, $p = 0.002$), whereas 4-L PEG-based preparations showed no difference.
- Adenoma detection rate was similar between booklet and control groups (OR = 0.93, 95% CI 0.75-1.16, $p = 0.53$), as was the mean number of polyps detected per patient (MD = 0.22, 95% CI -0.14-0.58, $p = 0.23$).
- This evidence may be most relevant for gastroenterologists and endoscopy units seeking strategies to improve bowel preparation quality in outpatient colonoscopy settings.

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