

Bowel preparation for colonoscopy: European Society of Gastrointestinal Endoscopy (ESGE) Guideline – Update 2019

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Standards and Guidelines

Digestive Oncology

Endoscopy

IBD

January 1, 2019

ESGE provides seven main recommendations for bowel preparation in colonoscopy, addressing dietary restrictions, timing, dosing regimens, and patient-specific considerations.

KEY POINTS

- ESGE strongly recommends split-dose bowel preparation for elective colonoscopy, with same-day preparation as an acceptable alternative for afternoon procedures (both high quality evidence).
- The last dose of bowel preparation should start within 5 hours of colonoscopy and be completed at least 2 hours before the procedure (strong recommendation, moderate quality evidence).
- A low fiber diet on the day preceding colonoscopy and enhanced patient instructions for bowel preparation are both strongly recommended (moderate quality evidence).
- High volume or low volume PEG-based regimens and clinically validated non-PEG-based agents are recommended, with individualized laxative choice for patients at risk for hydroelectrolyte disturbances (strong recommendation, moderate quality evidence).
- Adding oral simethicone to bowel preparation is suggested as a weak recommendation with moderate quality evidence.

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