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Summary

POOR ADHERENCE TO DIETARY RESTRICTION IMPACTS QUALITY OF COLONOSCOPY IN CLINICAL PRACTICE

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Colorectal

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A prospective audit of 57 colonoscopy patients found that only 39% received written dietary restriction advice, compliance with low-fibre diet was 56.9%, and inadequate bowel preparation occurred in 60% of non-compliant versus 24% of compliant patients.

KEY POINTS

- Among 57 consecutive colonoscopy patients at Chase Farm Hospital London in May 2022, 39% received written dietary restriction information, 35% received telephone information, and 26% received both.
- 56.9% of patients followed the recommended 3-day dietary restriction prior to colonoscopy.
- Inadequate bowel preparation (fair or poor by Aronchick scale) occurred in 60% of patients who did not follow the low-fibre diet compared to 24% of those who did.
- Patients who had seen a clinician in clinic and those undergoing surveillance procedures were more likely to follow dietary restrictions compared to direct access patients.
- The authors conclude that dietary advice is variable and compliance is low in clinical practice, and recommend improvements in implementing low-residue diet guidance alongside bowel cleansing agents.

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