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Summary

EFFICACY OF 1-L VERSUS 2-L POLYETHYLENE GLYCOL PLUS ASCORBATE FOR BOWEL PREPARATION: A MULTICENTER, NON-INFERIORITY RANDOMIZED TRIAL IN ELDERLY OUTPATIENTS: THE PLATONE STUDY (ON BEHALF OF AIGO)

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Colorectal

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In elderly outpatients undergoing colonoscopy, 1L PEG plus ascorbate preparation demonstrated statistical superiority over 2L PEG plus ascorbate for bowel cleansing success and adenoma detection rate.

KEY POINTS

- This single-blinded, non-inferiority randomized trial enrolled 285 patients over 65 years old (mean age 73.6 years) receiving split-dose 1L PEG+ASC (N=139) or 2L PEG+ASC (N=146).
- Total BBPS score was significantly higher with 1L versus 2L preparation (7.66 vs 7.08, P=0.005), with cleansing success rates of 94.2% versus 81.5% (OR 3.69, P=0.001) and excellent cleansing rates of 36.2% versus 24.7% (P=0.034).
- Adenoma detection rate was significantly higher with 1L PEG+ASC compared to 2L PEG+ASC (30.9% vs 19.9%, OR 1.80, P=0.033), while cecal intubation and colorectal cancer detection rates were similar between groups.
- Tolerability, compliance, and incidence of adverse events were comparable between the two preparations.
- The authors note that further adequately powered studies are warranted to confirm the impact on lesion detection rates, as this was a secondary endpoint.

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