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Summary

EFFICACY AND TOLERABILITY OF 1-L POLYETHYLENE GLYCOL PLUS ASCORBIC ACID WITH SENNA VERSUS 2-L POLYETHYLENE GLYCOL PLUS ASCORBIC ACID FOR BOWEL PREPARATION IN COLONOSCOPY: A PROSPECTIVE, RANDOMIZED, INVESTIGATOR-BLINDED TRIAL

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UEG Week Copenhagen 2023 | Poster

Colorectal

October 16, 2023

A randomized non-inferiority trial found that 1-liter polyethylene glycol plus ascorbic acid with 24 mg senna achieved comparable bowel preparation adequacy to conventional 2-liter polyethylene glycol plus ascorbic acid, with better patient compliance and willingness to repeat the preparation.

KEY POINTS

- The 1-liter regimen with senna showed non-inferior adequate bowel preparation rates compared to the 2-liter regimen (88% vs. 89%, P=1.00) with similar overall Boston Bowel Preparation Scale scores (7.1±1.5 vs. 7.2±1.5, P=0.39).
- Compliance was significantly better with the 1-liter regimen, as fewer patients consumed less than 80% of the solution (3% vs. 17%, P<0.01).
- Willingness to repeat the preparation was significantly higher with the 1-liter regimen (85% vs. 62%, P<0.01), with fewer patients citing large solution volumes as a reason for unwillingness (18% vs. 49%, P<0.01).
- Adverse events including nausea, vomiting, abdominal pain and discomfort, and quality of sleep were comparable between the two regimens.
- This single-center trial enrolled 344 outpatients undergoing colonoscopy and may inform clinicians considering reduced-volume bowel preparation strategies.

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