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Summary

METICULOUS INSPECTION IS MORE IMPORTANT THAN PERFECT BOWEL PREPARATION IN COLONOSCOPIES WITH ADEQUATE BOWEL PREPARATION

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Colorectal

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In this prospective study of 1007 colonoscopies with adequate bowel preparation, longer withdrawal time but not perfect bowel preparation was independently associated with higher adenoma and polyp detection rates.

KEY POINTS

- ADR and PDR were paradoxically lower in the perfect bowel preparation group (BBPS 9) compared to the good preparation group (BBPS 6-8): ADR 41% vs 52% and PDR 47% vs 60%.
- Median withdrawal time was significantly shorter when bowel preparation was perfect (7 min) compared to good (8 min).
- In multivariate analysis, each additional minute of withdrawal time was associated with higher ADR (OR 1.12) and PDR (OR 1.13), while perfect BBPS score was not independently significant.
- The study included prospectively collected data from eight experienced endoscopists performing screening or surveillance colonoscopy, with all polyps evaluated histopathologically.
- The authors suggest that decreased detection rates with perfect preparation may result from shorter withdrawal times due to endoscopist overconfidence.

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