

# Same-day, low-dose bowel prep feasible for colonoscopy

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(HealthDay)—A same-day, low-dose, 1-liter polyethylene glycol-based

(1L-PEG) bowel preparation can achieve similar bowel cleansing to split-dose 4L-PEG bowel preparation in select high-risk patients before colonoscopy, according to a study published online Dec. 21 in the *Journal of Digestive Diseases*.

Stefano Pontone, M.D., Ph.D., from Sapienza University of Rome, and colleagues randomly assigned 44 hospitalized patients scheduled for colonoscopy and presenting with clinical risk factors for poor [bowel preparation](#) to either same-day 1L-PEG [bowel preparation](#) (Group A) or a split-dose 4L-PEG bowel preparation (Group B).

The researchers found that optimal bowel cleansing was reached in 63 and 56 percent ( $P = 0.64$ ) of patients in Groups A and B, respectively. The adenoma detection rates were similar between the groups (14 percent in Group A versus 19 percent in Group B;  $P = 0.34$ ). The large majority of [patients](#) (86 percent) received a valid diagnosis after a mean hospitalization of three days for Group A and six days for Group B ( $P = 0.04$ ).

"Our data support that the schedule protocol proposed in this study enables a clear diagnosis in most of the inpatients facing a high risk for poor bowel preparation and no statistical differences are found between the two groups in terms of successful bowel cleansing achieved," the authors write. "Therefore, the same-day, low dose 1L-PEG bowel preparation could be introduced for selected inpatients."

**More information:** [Abstract](#)  
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