



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 921

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### **The Introduction of Sodium Picosulfate as a Well-tolerated and Effective Bowel Cleansing Agent for Colonoscopic Examination**

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#### **Keywords:**

Bowel preparation

Colonoscopy

#### **Introduction**

A good bowel preparation is essential for an optimal examination during colonoscopy. Polyethylene glycol (PEG), such as Klean Prep® has all along been used as the standard bowel preparation agent. However, it is often poorly tolerated and this may affect the compliance to medication. To overcome this, we have introduced Sodium Picosulfate (PicoPrep®) as the alternative bowel cleansing agent since September 2014.

#### **Objectives**

This is an audit of the new medication Sodium Picosulfate (PicoPrep®) since it was introduced in September 2014 in QEH.

#### **Methodology**

All patients who required colonoscopic examination were managed according to our current protocol for bowel preparation. On the day of procedure, our patients were invited to fill in the Mayo Clinic Bowel Preparation Questionnaire (Chinese version), which is a validated instrument to assess the tolerability of different bowel preparations. The safety of the agents was retrospectively assessed by reviewing the patient's clinical management system record at day 30 after the procedure. The individual endoscopist will document the efficacy of bowel cleansing in the endoscopy report.

#### **Result**

From September 2014 to April 2015, a total of 164 patients (89 received Klean Prep®, and 75 received PicoPrep®) underwent colonoscopic examination and had completed the questionnaire. For patient's tolerability, PicoPrep® was considered more tolerable (61.8% vs. 89.1%;  $p=0.004$ ), had a better taste in mouth ( $p=0.04$ ) and was associated with less nausea and vomiting ( $p=0.009$ ) when compared to the use of Klean Prep®. Significantly more patients in the PicoPrep® group were willing to repeat the same bowel preparation (81.7% vs 95.3%;  $p=0.014$ ). Overall, when compared to Klean Prep®, 68.2% of the patients perceived PicoPrep® as a better bowel preparation agent. Both agents were very safe and no adverse event was noted within 30 days after the procedure. In terms of bowel cleanliness, PicoPrep® is

comparable to Klean Prep® for a good or satisfactory bowel prep (54.1% vs 40.0%;  $p=0.091$ ). There is no significant difference in terms of poor bowel preparation between both groups (5.1% vs 5.3%;  $p=1.000$ ). Conclusions: Sodium Picosulfate (PicoPrep®) is a much better tolerated bowel cleansing agent when compared to PEG.