Effects of Drinking Plenty of Water for Bowel Preparation Before Colonoscopy

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Background To investigate the relationship between water quantity and bowel preparation for colonoscopy.

Methods The data of patients undergoing colonoscopy in our hospital between June 1, 2018, and December 31, 2018, were analyzed prospectively. Polyethylene glycol-electrolyte powder and quantity of water were administered in all patients for bowel preparation before colonoscopy. Patients were randomly divided into 3 groups. Group A should drink 3000 ml or more water with the powder, group C should drink no more than 2000 ml, while group B drank 2000–3000 ml water before colonoscopy. The intestinal cleanliness was evaluated by 3 grades: good (the fluid was transparent and ≤5% of feces was obscured by intestinal contents), moderate (the fluid was a little opaque or 5% to 10% of feces was obscured by intestinal contents) and poor (the fluid was opaque or >10% of feces was obscured by intestinal contents). The primary measurements included bowel preparation, visualization of intestinal mucosa and patient experience.

Results Bowel preparation with different water quantities was well accepted by subjects and there were no adverse events. The examination takes 10.8±7.6 min (8–20). The cleanliness was evaluated as good in group A, B and C were 112 (88.2%), 107(79.9%) and 72(61.0%) subjects respectively. The cleanliness was evaluated as poor in group A, B and C were 2 (1.6%), 10(7.5%) and 25(21.2%) subjects respectively. More patients with polyp and other lesions were found in group A than group B and C (P=0.059).

Conclusions Drinking plenty of water has a great impact on bowel preparation. The more water, the more clear vision and easier to detect intestinal lesions.

Rare Case of Gastroduodenal Intussusception with Gastric Fungating Growth, Ascites and Bowel Ischaemia in an Elderly Female

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Background Recently an elderly lady of about 72 years presented to Gastroenterology OPD with pain abdomen,