Bowel Cleansing
What are the options?
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• PEG (KleenPrep)
  – Macrogel 3350 (osmotic laxative)
  – Sodium sulphate, bicarbonate, chloride
  – Potassium chloride

• Sodium phosphate (Coloprep)
What are the options?

• Moviprep
  – Macrogel 3350
  – Sodium sulfate, chloride, ascorbate
  – Potassium chloride
  – Ascorbic acid

• Picoprep
  – Sodium picosulfate, magnesium, citrate
Splitting the preparation

• Split dose is best whether PEG or NaP
• *Bowel preparation should be given in split doses* *(half of the dose is given on the day of procedure)*
Why?

• Faecal clearing achieved either way
• But
  – Intestinal secretions
  – Chyme
  – Mucus
• Particularly in right side of colon
When?

- $2^{nd}$ completed 3 hours before colonoscopy
- Smallest interval 2 hours (ASA sedation guidelines)
- Longest 6-8 hours
Adverse Events

• NaP
  – Toxic effects are mediated by systemic absorption of phosphate in excess of patients renal clearance capacity
  – Acute electrolyte disturbance
  – Hypocalcaemia (sequestration of calcium to mop up phosphate)
  – Acute phosphate nephropathy
  – Renal failure requiring dialysis
Adverse Events

• Patients at risk of electrolyte disorder/renal injury
  – Existing renal dysfunction
  – Hypertensive
  – ACE inhibitors
  – Angiotensin receptor blockers
  – NSAIDS
Diet

• Clear liquid diet the whole day before

• Light breakfast then clear liquid diet
• Split preparation
• PEG based safest
• Watch out for specific groups