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Background

1. Normal saline (7 liters) has been used in the past for colonoscopy preparation but did not become common because of marked weight gain and salt retention.
2. In our pilot study, 0.9 N lukewarm saline water (LWSW)(3 liters) and exercise (EXE) were used as colonoscopy preparation.
3. Results were very encouraging and we conducted this randomized, endoscopist blinded study.

Methods

1. Group A – Patients followed directions as instructed on DVD, performed a defined set of yoga exe (Shankh prakshalana) and drank LWSW.
2. Group B – Patients followed Halflytely® with Dulcolax® prep as suggested by the manufacturer.
3. Colon Prep - 4 point grading scale
Poor prep - 1 Suboptimum - 2
Optimum - 3 Excellent - 4
4. Colon cleansing was scored in 6 regions – Rectum, Sigmoid, Left Colon, Transverse Colon, Right Colon and Cecum.
5. Total scores were compared via the Mann-Whitney (MW) test and Fisher exact test.

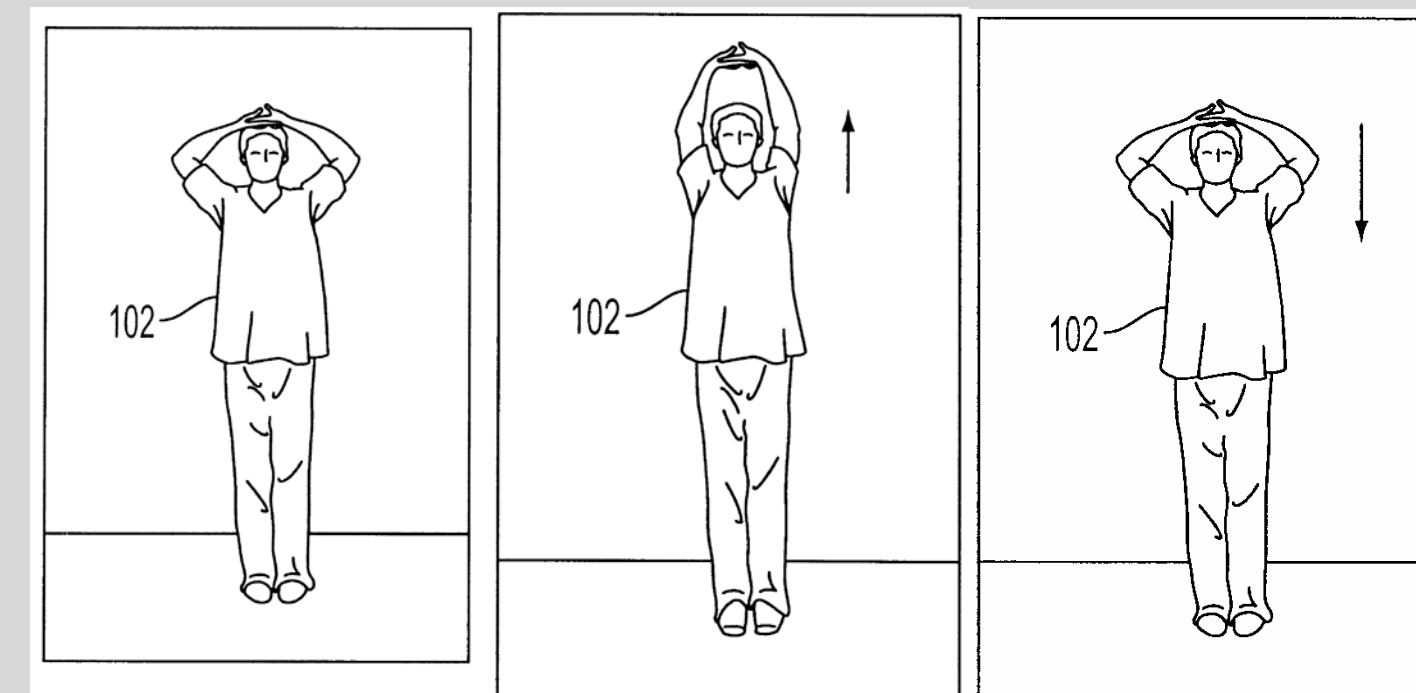


FIG. 1A

FIG. 1B

FIG. 1C

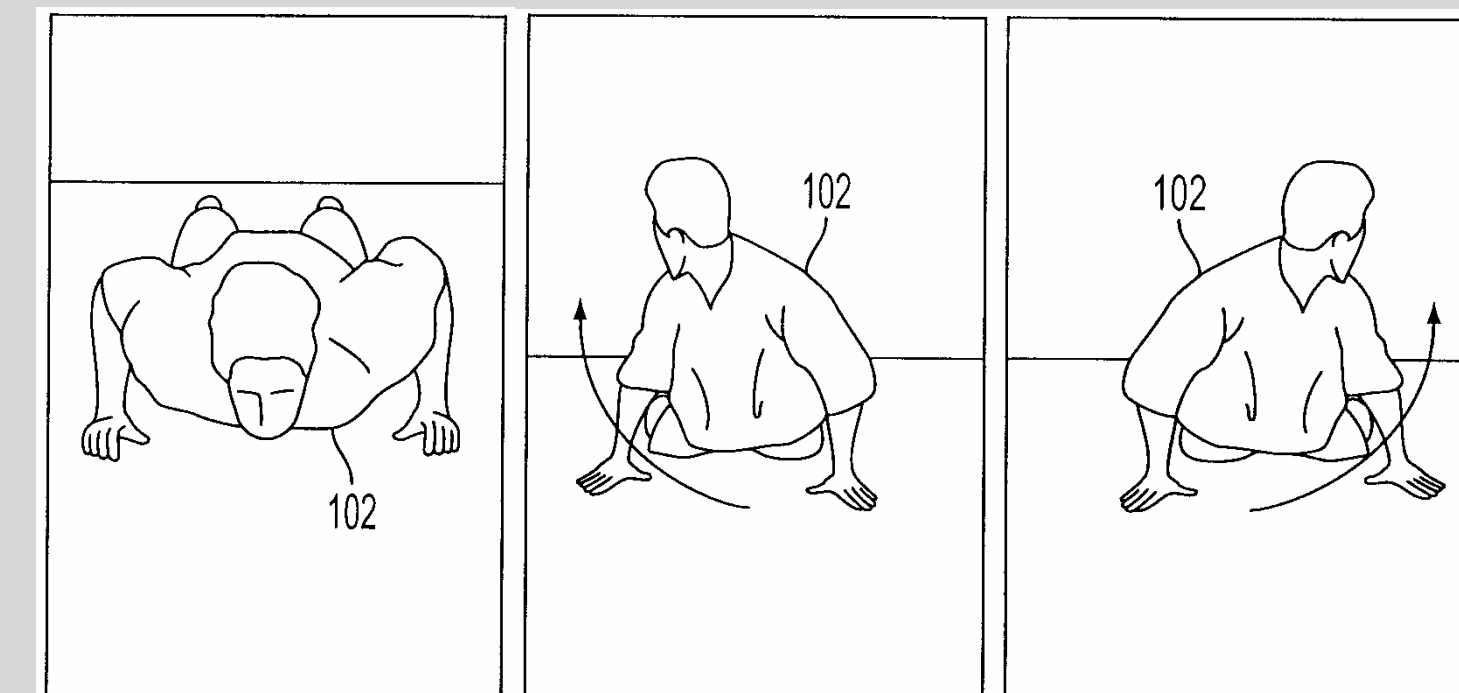


FIG. 4A

FIG. 4B

FIG. 4C

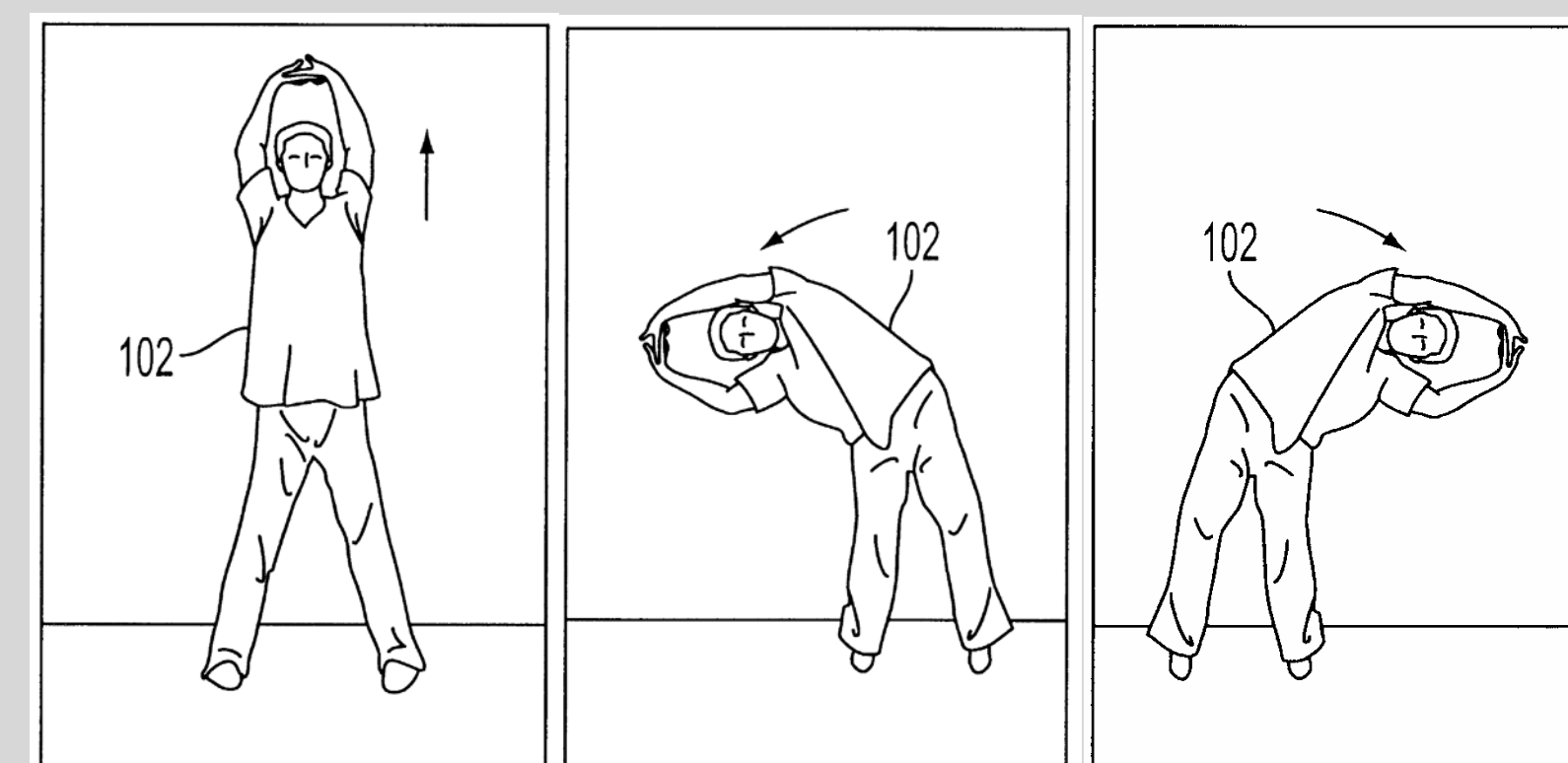


FIG. 2A

FIG. 2B

FIG. 2C

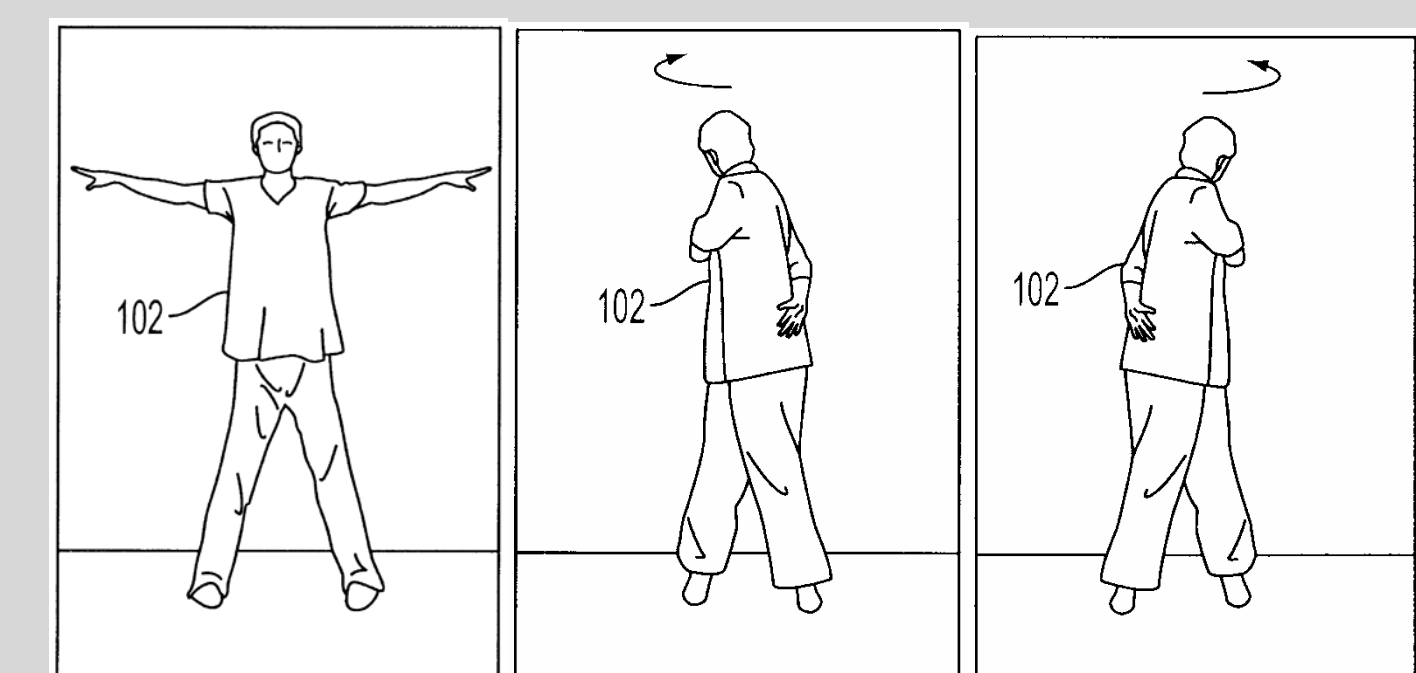


FIG. 3A

FIG. 3B

FIG. 3C

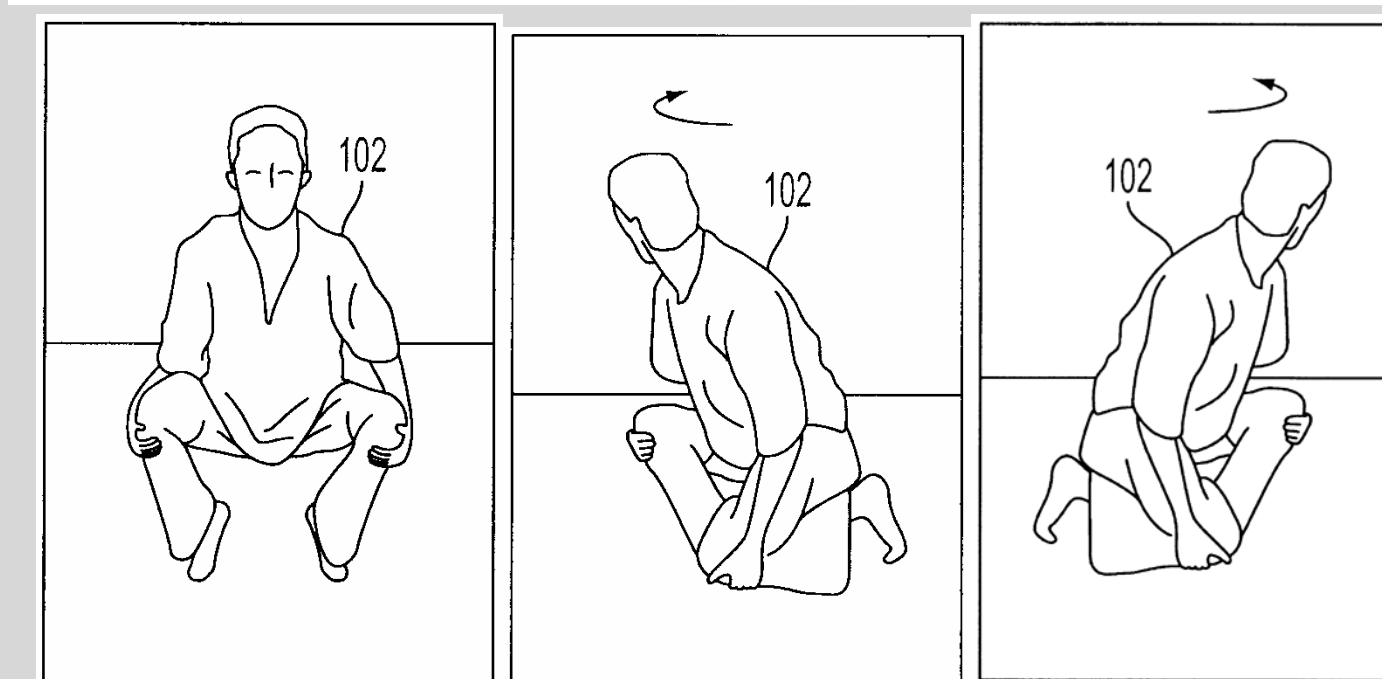
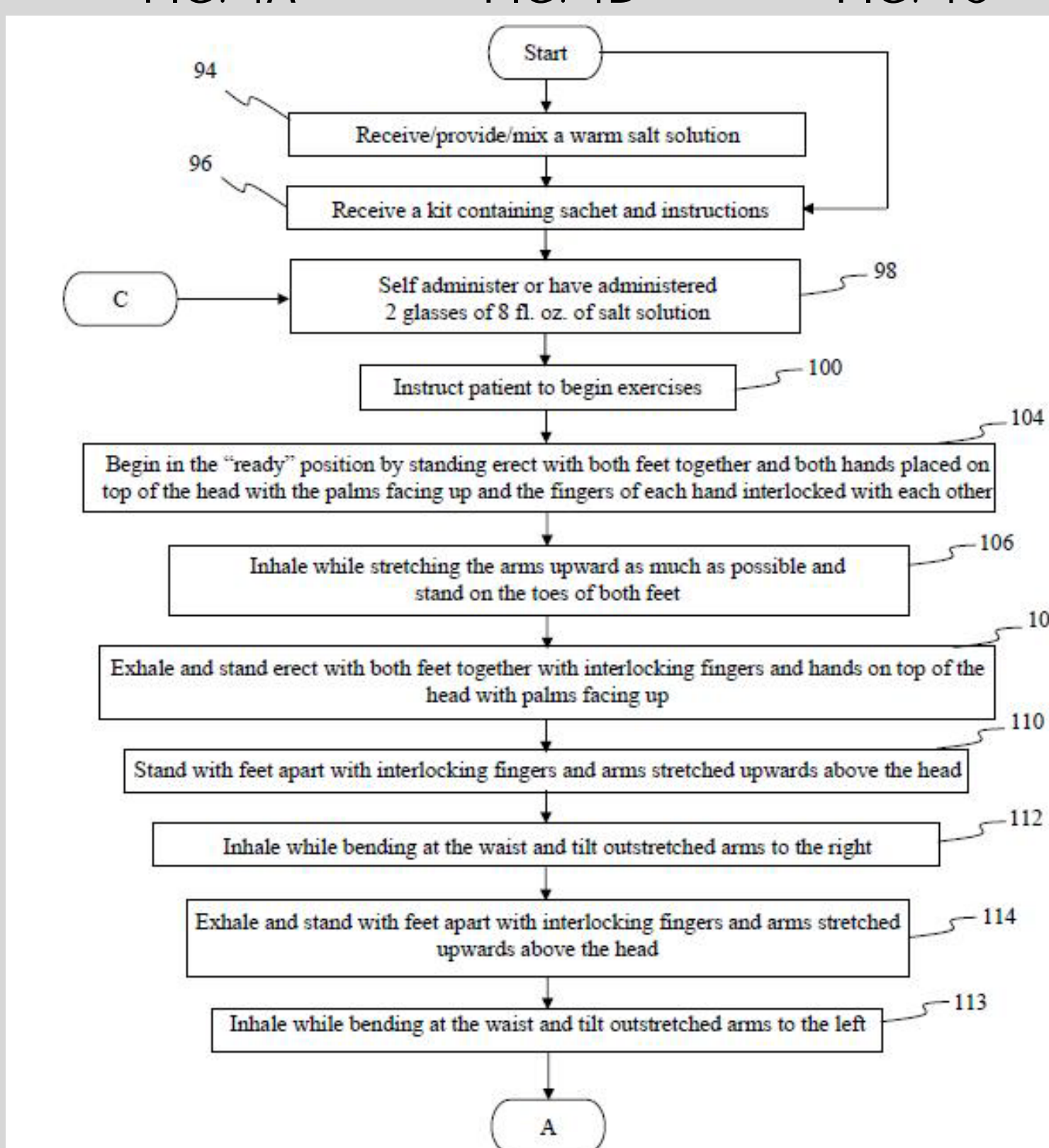


FIG. 5A

FIG. 5B

FIG. 5C

Results

	Group A N-26	Group B N-27	
Excellent/ Optimum	21 (81%)	25 (93%)	P<0.25, Fisher exact test
Mean (SD)	15.8 (6.5)	18.9 (3.7)	P <0.13, MW test

Side Effects	Group A	Group B
Electrolyte imbalance	0	0
Nausea and abdominal cramps	72 %	62 %

Conclusion

1. LWSW and EXE (I-Clean Process®) was no different from Halflytely® + Dulcolax® in the quality of bowel preparation, whether judged by total colon prep score or by the rate of excellent/optimum preps.
2. More precise estimates of efficacy and adverse events rate will be obtained in a larger scale randomized trial of 200 patients.