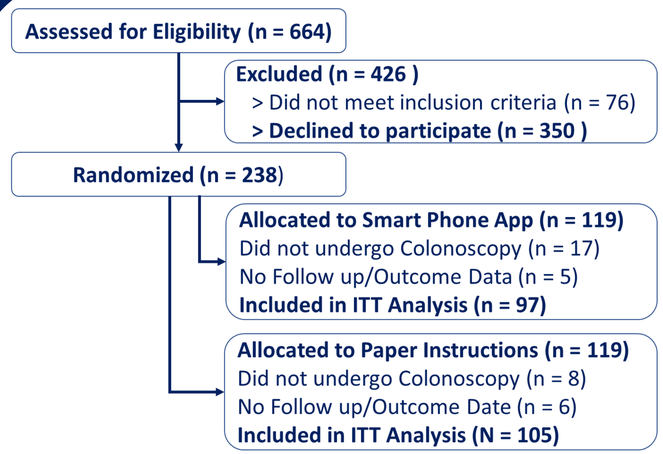
Smart Phone Application vs. Standard Instruction for Colonoscopic Preparation (COLOPREP TRIAL): A Randomized Controlled Trial

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Objective: Compare a novel smart phone application (COLOPREP) with paper instructions in bowel preparation for colonoscopy

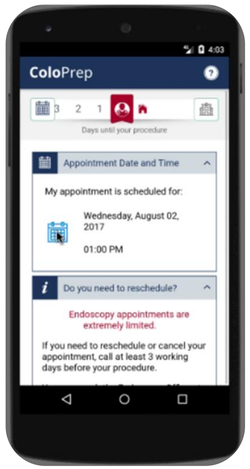
Methods

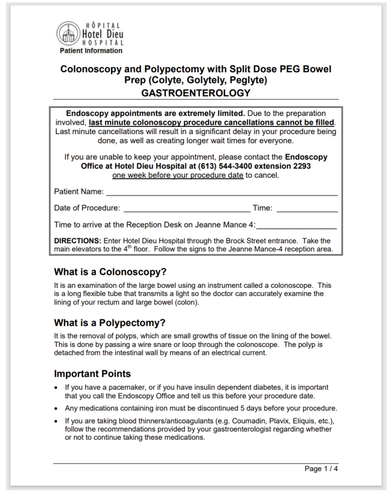
- Randomized Controlled Trial
- Adult Patients undergoing elective colonoscopy
- Primary outcome was bowel preparation quality as measured by the Boston Bowel Preparation Score
- Secondary Outcomes included patient satisfaction, cecal intubation, polypectomy



*No difference in Baseline Characteristics

Smart Phone App vs. Paper Instructions For Colonoscopy Bowel Preparation





Hôpital Hotel Dieu Hospital
Patient Information

Colonoscopy and Polypectomy with Split Dose PEG Bowel Prep (Colyte, Golytely, Peglyte)
GASTROENTEROLOGY

Endoscopy appointments are extremely limited. Due to the preparation involved, **last minute colonoscopy procedure cancellations cannot be filled**. Last minute cancellations will result in a significant delay in your procedure being done, as well as creating longer wait times for everyone.

If you are unable to keep your appointment, please contact the **Endoscopy Office at Hotel Dieu Hospital at (613) 544-3400 extension 2293** one week before your procedure date to cancel.

Patient Name: _____

Date of Procedure: _____ Time: _____

Time to arrive at the Reception Desk on Jeanne Mance 4: _____

DIRECTIONS: Enter Hotel Dieu Hospital through the Brock Street entrance. Take the main elevators to the 4th floor. Follow the signs to the Jeanne Mance-4 reception area.

What is a Colonoscopy?

It is an examination of the large bowel using an instrument called a colonoscope. This is a long flexible tube that transmits a light so the doctor can accurately examine the lining of your rectum and large bowel (colon).

What is a Polypectomy?

It is the removal of polyps, which are small growths of tissue on the lining of the bowel. This is done by passing a wire snare or loop through the colonoscope. The polyp is detached from the intestinal wall by means of an electrical current.

Important Points

- If you have a pacemaker, or if you have insulin dependent diabetes, it is important that you call the Endoscopy Office and tell us this before your procedure date.
- Any medications containing iron must be discontinued 5 days before your procedure.
- If you are taking blood thinners/anticoagulants (e.g. Coumadin, Plavix, Eliquis, etc.), follow the recommendations provided by your gastroenterologist regarding whether or not to continue taking these medications.

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Conclusions

- **No Difference in Bowel Preparation Quality**
- **Higher Satisfaction with the Smart Phone Application**
- ***Many individuals unwilling to use the Smart Phone Application***

Results

Bowel Preparation Quality (Primary Outcome)

- **No difference in Boston Bowel Preparation Score: Mean Difference -0.024 (95%CI -0.50 to +0.45)**

Secondary Outcomes:

- **Mean Polyps Removed 1.7 vs. 1.2 (P = 0.11)**
- **Cecal Intubation 96% vs. 98% (P = 0.37)**

Patient Satisfaction:

- **Would Use same instructions again (agree or strongly agree) 90% vs. 70% (P = 0.001)**

Queen's University