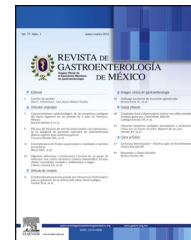




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ORIGINAL ARTICLE

Usefulness of oil lubrication during colonoscopy: A comparative study with the conventional technique[☆]



J.L. Rodríguez-García^a, R. Carmona-Sánchez^{b,*}, C. Rosas-Vitorino^c

^a Escuela de Medicina, Universidad Cuauhtémoc Campus, San Luis Potosí, Mexico

^b Grupo Médico Médica Arista, San Luis Potosí, Mexico

^c Departamento de Enfermería, Hospital Ángeles-CMP, San Luis Potosí, Mexico

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KEYWORDS

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Assisted colonoscopy

Abstract

Background: The different forms of lubrication are among the most simple, accessible, and economic techniques that have been implemented for improving the diagnostic performance of colonoscopy.

Aim: To determine whether the use of oil improved the number of complete colonoscopies, facilitated the procedure, reduced pain, or improved the study's diagnostic performance, compared with the conventional lubrication technique.

Patients and methods: One hundred and seventy-five patients referred for colonoscopy were alternately allocated to receive treatment with the standard lubrication method with chlorhexidine gel (group I) or lubrication with corn oil administered through the working channel (group II). The number of complete colonoscopies, the length of time needed to reach the cecum, the degree of difficulty estimated by the endoscopist and the assistant, the level of pain at the end of the study estimated by the patient, and the endoscopic findings were all determined.

Results: Eighty-eight patients made up group I and 87 made up group II. No statistically significant differences were found between the two groups in relation to general characteristics, the number of complete colonoscopies (93 vs. 97%, respectively), the time needed to reach the cecum (8:00 vs. 8:41 min, respectively), the level of pain at the end of the study, or the detection of polyps. The degree of difficulty was slightly lower in group II, but with no statistical significance.

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* Corresponding author. Arista 931, consultorio 5, 1.º piso, Tequisquiapan, CP 78250, San Luis Potosí, S.L.P. México. Tel.: +4448292790. E-mail address: rcarmonas1@prodigy.net.mx (R. Carmona-Sánchez).

PALABRAS CLAVE

Colon;
Colonoscopia;
Calidad en
colonoscopia;
Lubricación;
Colonoscopia asistida

Conclusions: Lubrication with oil during colonoscopy did not improve the number of complete colonoscopies, did not facilitate the study, nor did it reduce pain or increase the diagnostic performance of the study, when compared with the conventional technique.

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Utilidad de la lubricación con aceite durante la colonoscopia: estudio comparativo con la técnica convencional

Resumen

Antecedentes: Entre las técnicas más simples, accesibles y económicas que se han implementado para mejorar el rendimiento diagnóstico de la colonoscopia destacan las diferentes formas de lubricación.

Objetivo: Determinar si el uso de aceite mejora la proporción de colonoscopia completa, facilita el procedimiento, reduce el dolor y mejora su rendimiento diagnóstico en comparación con la técnica de lubricación convencional.

Pacientes y métodos: Ciento setenta y cinco pacientes enviados a colonoscopia fueron sorteados para utilizar el método de lubricación estándar con gel de clorhexidina (grupo I) o lubricación con aceite de maíz administrado por el canal de trabajo (grupo II). Se determinó la proporción de colonoscopias completas, el tiempo requerido para llegar al ciego, el grado de dificultad estimado por el endoscopista y por la asistente, el dolor después del estudio estimado por el enfermo y los hallazgos endoscópicos.

Resultados: Se incluyó a 88 en el grupo I y 87 en el grupo II. No se observaron diferencias entre los grupos en las características generales, la proporción de colonoscopias completas (93 vs. 97%, respectivamente, $p = NS$), el tiempo necesario para alcanzar el ciego (8:00 vs. 8:41 min, respectivamente, $p = NS$), el dolor al término del estudio ni en la detección de pólipos. El grado de dificultad fue discretamente menor en el grupo II pero sin significación estadística.

Conclusiones: La lubricación con aceite durante la colonoscopia no mejora la proporción de colonoscopia completa, no parece facilitar el estudio, no reduce el dolor y no aumenta el rendimiento diagnóstico del examen en comparación con la técnica convencional.

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Introduction

Colonoscopy is the diagnostic method of choice for studying symptoms and diseases of the colon, especially for the detection of polyps and colorectal cancer.¹ This diagnostic method has reduced mortality from colorectal cancer through the detection and treatment of premalignant polyps and malignant lesions in their early stages.² To that end, it is indispensable that colonoscopy is performed meeting the basic quality parameters, such as being carried out after adequate bowel cleansing, achieving cecal intubation in the greatest number of cases possible, performing the study within the correct withdrawal time, achieving an adequate adenoma detection rate, and performing the procedure following screening recommendations and at the accepted monitoring intervals.^{3,4}

Different techniques and devices have been implemented for improving the diagnostic performance of colonoscopy. These include better imaging systems and electronic chromoscopy,⁵ instruments that facilitate cecal intubation,⁶ enable visualization of the blind spots,^{7,8} and

that optimize revision, reducing folds and flexures.^{9,10} Nevertheless, there are simpler, more accessible, and more economic ways to facilitate colonoscope insertion, reduce pain during the procedure, and increase polyp detection: i.e. lubrication techniques with water and oil.¹¹ Unfortunately, this subject has rarely been considered for study in endoscopy, and therefore there is not enough existing evidence, especially in relation to the lubrication technique with oil, to establish its usefulness.

The aim of our study was to determine whether the use of lubrication with oil during deep sedation and conscious sedation colonoscopy improved the number of complete studies, facilitated the procedure, reduced pain, and improved diagnostic performance, when compared with the conventional technique.

Patients and methods

All the patients seen at the private practice of one of the researchers (RCS) within the time frame of January

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