

WHITE DIET STUDY

Bowen Hospital

Quality Project

Are we starving our patients for too long before their colonoscopy?

Problem

Patient's pre-colonoscopy frequently arrive feeling agitated, grumpy and "starving" following their bowel preparation.

Aim

To improve patient's journey to colonoscopy.

This observational study of adult patients undergoing elective colonoscopy aims to evaluate the effect of allowing patients to eat a low residue 'white' diet up until the time of their first prep.

Patients mood, general wellbeing and impact on daily life pre-procedure was also assessed.

Approach

Patients received a pre-procedure phone call. They were asked to participate in a randomised blind trial with information around the trial and eating regime explained.

Patients were supplied with two packs of Moviprep and Diet instructions. They were asked to document the food eaten the day prior and the times they had stopped eating.

The study began 1st week in March 2019. By the end of August 2019 over 100 patients had followed the White diet regime with favourable results.

Results

The quality of the bowel prep has not proved to be inferior to patients who have been prepared with the clear fluid diet. Patients responded well and compliance to prep was improved.

Conclusion

Patients overall colonoscopy experience was improved with less intrusion on their lives in the days leading up to their procedure.

Study was completed in October 2019 and results were presented at the Gastroenterology Conference 2019 in Wellington.

Reference:

The White Diet is preferred, better tolerated, and non-inferior to a clear-fluid diet for bowel preparation: A randomized controlled trial - Dr Joshua Butt - 2016 - Journal of Gastroenterology and Hepatology