

Efficacy of Lukewarm Saline Water and Exercise (Shankh Prakshalana) as Colonoscopy Preparation- A Pilot Study.

Vijaypal Arya, kalpana A. Gupta, Swarn V. Arya

BACKGROUND: MM 18 years old female used lukewarm saline water (LWSW) and exercise (exc) as a preparation for colonoscopy. The preparation was of such excellent quality that we were inspired to conduct this pilot study.

Methods: After IRB approval, 42 patients between the ages of 18 and 65 were selected for the study. 21 for group A: LWSW and exc prep, and 21 for group B: Nulytely prep. All patients were put on a clear liquid diet after 12 pm on the day before the exam. Group B drank Nulytely as per manufacturer's instructions and presented for colonoscopy the next day. Group A patients presented to endoscopy suite at 9 AM on the day of exam, and were asked to perform a defined set of light yoga exercises altering with drinking LWSW [about 40°C] prepared by dissolving 18g NaCl [edible salt] in 2L water. All colonoscopies were performed by a single gastroenterologist [VA]. The colonoscopy preparation was rated on a four point grading scale: poor prep-1, sub-optimum-2, optimum-3, excellent-4. Photographs were taken to substantiate the grading system. Results: 14/21 patients in LWSW + exc groups and 10/21 patients in Nulytely group achieved excellent prep. 4/21 LWSW + exc and 9/21 nutlytely achieved optimum prep. Only 1 patient of each group was rated as sub-optimum. 2 patients in group A and 1 in group B were graded as poor prep. Upon statical analysis of group A and B, the grading scores means were found to be 3.43 and 3.34 respectively. The difference is not statistically significant. Upon completion of a one-sample t test measured against the national average of 85% success rate of colonoscopy preparations, the t test yielded a statistically significant value ($p < 0.05$).

CONCLUSION: The results are very encouraging and thought provoking. The LWSW + exc preperation is safe, simple, and inexpensive. Further studies are needed to confirm the initial promise of this novel approach to colonoscopy preperation.