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DOES A SHORTENED MOVIPREP® REGIME WITH REDUCED STARVATION TIME IMPACT THE QUALITY OF BOWEL PREPARATION

Cameron Green*, Samantha Campbell, Kalpesh Besherdas. *Barnet Hospital, Royal Free London NHS Foundation Trust, London, UK*

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Introduction The efficacy of bowel preparation is internationally recognised as an independent factor for high quality colonoscopy. MoviPrep®, a commonly prescribed colonic lavage, is a low-volume polyethylene glycol (PEG) osmotic colonoscopy preparation that is proven to effectively cleanse the colon). The specific recommendations for taking MoviPrep® are dependent on the time of the colonoscopy but conventionally involves avoiding solid food for more than 24 hours prior to the planned procedure.

It is well recognised that poor bowel preparation is associated with lower caecal intubation rates, prolonged colonoscopy time and increased patient discomfort leading to poor quality colonoscopy. The period of starvation required for conventional bowel preparation is challenging for patients and has been shown to cause a significant burden. Whilst direct causation between the period of starvation and adherence to bowel preparation has not been shown previously it is predictable that patients are more likely to adhere to a bowel preparation regime if the perceived hunger burden is reduced.

Methodology A single centre retrospective analysis comparing the quality of bowel preparation using MoviPrep® with standard procedure (last meal for morning procedure 9 am on previous day, for afternoon procedure last meal 1 pm on previous day) and reduced duration of starvation (last meal for morning procedures 1 pm and for afternoon procedures 3 pm) with split dose of MoviPrep® administration for morning procedures at 5 pm and 8 pm and for afternoon procedures 7 pm and 6 am on the day of procedure.

Procedures were recorded on Unisoft reporting programme and bowel cleanliness scored using the Aronchick scale. These procedures were audited over this period of change and compared with procedures conducted with conventional bowel preparation regime. The two-time data sets were compared using chi-squared test for statistical significance.

Results There were 6440 colonoscopies performed between October 2018 – December 2019. The results are shown as per table 1 below. There was no significant statistical differences between the two groups (table 1).

Conclusion From this study we conclude that the shortened MoviPrep® regime did not cause a clinically significant reduction in quality of bowel preparation when undertaking colonoscopy. The study also demonstrates however that bowel preparation in both groups was less than good in 30%. We

Abstract P26 Table 1 Bowel cleanliness score following colonoscopy performed with conventional MoviPrep® compared with shortened MoviPrep® regime

Bowel Preparation Outcome	Conventional MoviPrep® Regime	Shortened MoviPrep® Regime	P-value
Excellent	651 (12.5%)	126 (11.2%)	P = 0.6843
Good	2984 (57.5%)	637 (56.8%)	P = 0.7457
Fair	1272 (24.5%)	292 (26.1%)	P = 0.5681
Inadequate	286 (5.5%)	66 (5.9%)	P = 0.8986

concluded that a shortened duration of hunger followed by split dose standard time MoviPrep® is equal to longer duration of fast. Further work is required to improve the quality of the bowel preparation in all, perhaps by assessment of the low residue diet preceding the period of hunger. In view of the conclusions from this study we continue to implement the shortened duration of fast for bowel preparation.

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ENDOSCOPIC REPORTING OF ULCERATIVE COLITIS ACROSS SOUTH EAST ENGLAND: A SNAPSHOT OF OUR PRACTICE

¹Sun Mi Ha*, ²Lulia Al-Hillawi, ³Laura Crisan, ⁴Jennifer Fisher, ⁵Rafid Sikafi, ⁶Vikram Bains, ⁵Hamish Miller, ¹Nuala O'Shea. ¹Royal Free London, Hampstead, UK; ²St George's Hospital, London, UK; ³East Kent Hospitals, Kent, UK; ⁴Darent Valley Hospital, Dartford, UK; ⁵Maidstone and Tunbridge Wells Hospital, Kent, UK; ⁶Princess Alexandra Hospital, Harlow, UK

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Introduction Endoscopic assessment of ulcerative colitis (UC) plays a vital role in determining the management of the disease. The British Society of Gastroenterology and European Crohn's and Colitis Organisation have highlighted the need to standardise reports using endoscopic scoring systems (ESS) to minimise interobserver variation in interpretation of disease activity in the form of Mayo score or Ulcerative Colitis Endoscopic Index of Severity (UCEIS). This multicentre retrospective study is aimed to assess the use of ESS reporting in UC patients undergoing lower gastrointestinal endoscopy.

Methods Endoscopy reports of all adults (aged ≥18) who had a flexible sigmoidoscopy or colonoscopy, for UC assessment, between January and October 2019 were included from 12 sites across 6 trusts in south east England within the Kent, London and Cambridge deaneries. Data was collected on the use of ESS (Mayo/UCEIS), grade and specialty of the reporting independent endoscopist.

Results 1154 reports were analysed: 688 colonoscopies, 466 flexible sigmoidoscopies. The age range was 18 to 89 (median 48). Mayo score was documented in 189 cases (16%), UCEIS in 114 cases (10%). Other scores were used in 11 cases (1%) and no score was documented in 840 cases (73%).

ESS was used in 19 out of 48 (40%) reports by gastroenterology registrars, 67 out of 205 (33%) by nurse endoscopists, 213 out of 710 (30%) by gastroenterology consultants, 4 out of 184 (2%) by surgical consultants and 0 out of 7 (0%) by surgical registrars.

ESS reporting was 30% and 34% in trusts affiliated with a tertiary centre, compared with 10%, 16%, 13%, 52% in the secondary care trusts.

Conclusions In this audit of endoscopic reporting practices in a cross section of south east England trusts, ESS was documented in only 26% of endoscopy reports to describe disease activity in UC, highlighting these indices are underutilised in clinical practice.

In general the Mayo score was preferentially used to UCEIS. Albeit the highest ESS reporting trust used UCEIS more frequently, reflecting variation in local practice.

UC ESS reporting was used less by surgical endoscopists compared with medical and nurse endoscopists. The reason is not clear. The authors propose it may reflect differences in training and exposure to IBD specialist training lists.

We conclude that departments should standardise reporting. ESS can be integrated into endoscopy reporting software,

poster prompts can be used to serve as a point of reference. ESS should routinely be incorporated into departmental induction and education.

P28 **COMPARISON OF ANXIETY AND DEPRESSION SCORES BETWEEN 2-WEEK WAIT AND BARRETT'S SURVEILLANCE ENDOSCOPY REFERRALS**

Alexander Ho*, Paul Wolfson, Ashley Wilson, Áine Hogan, Hazel McBain, Margaret Duku, Vanessa Ward, Timothy Stone, Sarmed Sami, Laurence B Lovat. *Division of Surgery and Interventional Science, University College London, London, UK*

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Introduction BSG guidelines recommend endoscopic surveillance for patients with Barrett's oesophagus (BE), due to the 0.5% annual risk of developing oesophageal adenocarcinoma.¹ Approximately 10% of GP 2-week wait (2WW) referrals result in a cancer diagnosis, and patients on a 2WW pathway should be told of a theoretical risk of cancer.² We therefore performed a case-control study, comparing outpatients referred to endoscopy for BE surveillance (BES) and GP 2WW referrals, to ascertain the effect of possible cancer on patients' anxiety and depression under 2 different scenarios.

Methods Patients were recruited as part of the Saliva to Predict Disease Risk (SPIT) study. This is a multicentre study to improve non-invasive prediction of the risk of BE and oesophageal cancer. Ethical approval was gained from the Coventry and Warwickshire Regional Ethics Committee (17/WM/0079). Anxiety and depression was measured using the Hospital Anxiety and Depression Scale (HADS) questionnaire; this was completed at recruitment in the endoscopy department.³ This is a validated tool consisting of 14 questions, scored from 0 to 3, with 7 questions assigned to each domain. Ordinal logistic regression analysis was performed using R software v3.6.1 to account for the effect of age and gender on HADS.

Results 940 patients, split between 363 BES referrals and 577 2WW referrals were included in the final analysis. Median age was 69 for BES and 66 for NBS ($p=0.002$). 54% of patients were female in the 2WW group compared to 24% in the BES group ($p<0.001$). Accounting for both age and gender, mean HADS anxiety score was 4.76 for BES and 6.61 for 2WW ($p<0.001$, OR=1.76; 95%CI: 1.38–2.24). Mean HADS depression score was 3.57 for BES and 4.60 for 2WW ($p<0.001$, OR=1.51; 95%CI: 1.19–1.92). Interestingly, reduced age and female gender was associated with higher anxiety scores ($p<0.001$ for both), but not depression ($p=ns$).

Conclusions These results suggest that 2WW patients undergoing endoscopy have higher baseline anxiety and depression than BES patients. Most patients on a BES list would have had at least one previous endoscopy, and may have developed expectations and adaptive mechanisms to their procedure. A previous study found a reduction in depression but not anxiety scores in patients with BE and non-specific symptoms undergoing OGD.⁴ Our study partially concurs with this; it may be that 2WW patients have an additional element of anxiety compared to a cohort with non-specific symptoms, which will need further clarification.

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P29 **ENDOSCOPIC SUBMUCOSAL DISSECTION (ESD) IN THE WESTERN SETTING – IS TUNNELING TECHNIQUE THE WAY FORWARD?**

Ejaz Hossain*, Pradeep Bhandari. *Portsmouth Hospital Nhs Trust, West Byfleet, UK*

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Introduction Since the advent of Peroral Endoscopic Myotomy (POEMS), tunneling technique has become a popular way of performing ESD.

After initial distal dissection, proximal end of the lesion is approached, creating a submucosal tunnel. The tunnel wall is then collapsed to remove the lesion. Data from a tertiary referral centre is depicted in table 1, demonstrating tunneling technique is a safe, effective and efficient way to perform ESD, specially in Western settings.

Abstract P29 Table 1

	Average size (cm square)	Mean duration (min)	En- bloc resection	Complications
Oesophageal (N=15)	17	99	100%	Bleeding- 0 Perforation- 0
Colorectal (N=9)	36	221	100%	Bleeding- 0 Perforation- 0

P30 **SERRATED POLYP DETECTION RATE IN BOWEL CANCER SCREENING COLONOSCOPY VARIES FOUR FOLD BETWEEN COLONOSCOPISTS**

Hein Htet*, Ms Jane Homer, Pete Basford. *St Richard's Hospital, Chichester, UK*

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Introduction Sessile serrated lesions (SSLs) are precursors for 15–30% of colorectal cancers. SSLs are more subtle and difficult to detect than conventional adenomas. We aimed to analyse factors associated with clinically relevant serrated polyp detection in the UK bowel cancer screening population.

Methods Detailed analysis of the results of 1333 BCSP colonoscopies was performed. Age, gender, FIT vs. Guiac FOBT, endoscope definition (standard definition vs. high definition), screening vs. surveillance procedure and endoscopist were evaluated in relation to serrated polyp detection rate (SPDR), adenoma detection rate (ADR), proximal adenoma detection rate (ProxADR) and advanced ADR (AdvADR). SPDR was defined as percentage of cases with any serrated polyps proximal to the sigmoid colon or serrated polyps ≥ 5 mm in the rectum or sigmoid colon. SPSS was used for statistical analysis.

Results Of 1333 colonoscopies, 119 were excluded (incomplete data, previous colectomy, site check, bowel scope colonoscopies). Overall SPDR was 16.1% (range by endoscopist 7.6 – 31.9%). Overall ADR was 59.12% (range by endoscopist 52.3 – 72%), ProxADR 35.4% (range by endoscopist 25.4 – 52.2%) and AdvADR 25.6% (range by endoscopist 19.7 – 31.9%). SPDR was significantly associated with endoscopist ($p<0.001$), but was not associated with age, gender, FIT vs Guiac FOBT, screening vs surveillance procedure or endoscope definition. Mean significant serrated polyps per procedure was 0.254 (range by endoscopist 0.137 – 0.637). ADR was