Abstract:
Introduction: Background/Significance: Colorectal cancer is the second leading cause of cancer-related deaths in the United States. About 90% of colorectal cancer deaths are potentially preventable if the disease is detected early, but only 30 to 40% of Americans older than 50 have the recommended screening colonoscopy. Many avoid them because the colon must be clean and the cleansing procedure is difficult. Even when patients are willing, cleansing is often inadequate and the colon cannot be clearly visualized. No perfect cleansing preparation exists, and an individualized approach might be more effective. In order to gain a comprehensive understanding of the various preparations’ effectiveness and tolerability, data was collected from multiple sites. Purpose: The purpose of this study was to (1) describe bowel cleansing preparations being used across the country, (2) compare their cleansing effectiveness and tolerability, and (3) compare their effectiveness in patients with various health characteristics.
**Method(s):** A comparative, descriptive design with convenience sampling was used to collect data from 400 adult patients scheduled for colonoscopy at five endoscopy centers (San Francisco, CA, Dallas, TX, Grand Prairie, TX, Baltimore, MD, and Seattle, WA) during an 18 month period. As of June 1, 2009, 319 subjects had completed the study and data collection will be completed by December 2009. Three instruments were used in data collection: (1) Descriptive (Demographic) Data Form; Subject Experiences with Bowel Preparations completed by patients prior to the colonoscopy; and Colon Cleanliness Scale completed during the colonoscopy.

**Results:** Pending.

**Discussion & Conclusions:** Preliminary analysis of the first 201 subjects found that most patients received combination preparations, and there were no statistically significant difference in cleanliness among the various preparations. The most common discomforts reported were full feeling, fatigue, abdominal pain, and nausea. Older patients had poorer colon cleanliness scores. Additional research may assist nurses in developing guidelines for an individualized approach in selecting colon cleansing preparations which are safe and effective.

**Abstract History:**
This abstract has been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.
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**Financial Disclosure:**
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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I will not be describing any pharmaceutical and/or medical device.

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