

Telephone instructions for colonoscopy bowel preparation

Patient or population: Patients undergoing colonoscopy

Setting: Bowel preparation

Intervention: Telephone instructions

Comparison: Standard instructions

Outcomes	№ of participants (studies) Follow-up	Certainty of the evidence (GRADE)	Relative effect (95% CI)	Anticipated absolute effects	
				Risk with Standard instructions	Risk difference with Telephone instructions
Rate of adequate bowel preparation	3652 (9 RCTs)	⊕⊕○○ Low ^{a,b}	RR 1.17 (1.05 to 1.30)	781 per 1,000	133 more per 1,000 (39 more to 234 more)
Total BBPS score	725 (3 RCTs)	⊕⊕○○ Low ^{a,b}	-	The mean total BBPS score was 0	MD 1.32 higher (0.15 higher to 2.49 higher)
Total OBPS score	657 (2 RCTs)	⊕⊕⊕⊕ High	-	The mean total OBPS score was 0	MD 1.93 lower (2.35 lower to 1.51 lower)
Cecal intubation rate	2153 (7 RCTs)	⊕⊕○○ Low ^{a,b}	RR 1.06 (1.01 to 1.11)	901 per 1,000	54 more per 1,000 (9 more to 99 more)
Polyp detection rate (PDR)	1592 (6 RCTs)	⊕⊕○○ Low ^{a,b}	RR 1.58 (1.23 to 2.04)	273 per 1,000	159 more per 1,000 (63 more to 284 more)
Adenoma detection rate (ADR)	1539 (6 RCTs)	⊕⊕○○ Low ^{a,b}	RR 1.37 (0.97 to 1.94)	271 per 1,000	100 more per 1,000 (8 fewer to 254 more)
Cecal intubation time	1382 (5 RCTs)	⊕⊕○○ Low ^{a,b}	-	The mean cecal intubation time was 0	MD 0.6 lower (1.76 lower to 0.56 higher)
Withdrawal time	1382 (5 RCTs)	⊕⊕⊕○ Moderate ^a	-	The mean withdrawal time was 0	MD 1.15 lower (1.56 lower to 0.73 lower)
Abdominal pain	1270 (4 RCTs)	⊕⊕○○ Low ^{a,c}	RR 1.06 (0.72 to 1.56)	70 per 1,000	4 more per 1,000 (20 fewer to 39 more)
Abdominal distension	1012 (3 RCTs)	⊕⊕⊕○ Moderate ^c	RR 0.85 (0.63 to 1.15)	156 per 1,000	23 fewer per 1,000 (58 fewer to 23 more)
Nausea	1270 (4 RCTs)	⊕⊕○○ Low ^{a,c}	RR 1.06 (0.88 to 1.28)	232 per 1,000	14 more per 1,000 (28 fewer to 65 more)
Vomiting	1070 (3 RCTs)	⊕⊕○○ Low ^{a,c}	RR 0.78 (0.41 to 1.49)	72 per 1,000	16 fewer per 1,000 (43 fewer to 35 more)
Patient's willingness to repeat bowel preparation	1270 (4 RCTs)	⊕⊕○○ Low ^{a,b}	RR 1.09 (0.96 to 1.23)	630 per 1,000	57 more per 1,000 (25 fewer to 145 more)

*The risk in the intervention group (and its 95% confidence interval) is based on the assumed risk in the comparison group and the **relative effect** of the intervention (and its 95% CI).

CI: confidence interval; MD: mean difference; RR: risk ratio

GRADE Working Group grades of evidence

High certainty: we are very confident that the true effect lies close to that of the estimate of the effect.

Moderate certainty: we are moderately confident in the effect estimate: the true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different.

Low certainty: our confidence in the effect estimate is limited: the true effect may be substantially different from the estimate of the effect.

Very low certainty: we have very little confidence in the effect estimate: the true effect is likely to be substantially different from the estimate of effect.

Explanations

a. One study had a large number of lost patients

b. P value was large

c. Total number of events was less than 300.