

Supplementary material

Supplementary Table S1

Results of the Hatoum survey.

Item		Liberal diet	1-day LRD
How easy or difficult was it to consume the cleansing solution?	Very easy	46 (16.6)	44 (16)
	Easy	64 (23.1)	79 (28.7)
	Tolerable	121 (43.7)	115 (41.8)
	Difficult	36 (13)	32 (11.6)
	Very difficult	10 (3.6)	5 (1.8)
Were you able to consume the entire preparation as instructed?	Yes	263 (94.9)	264 (96)
	No	14 (5.1)	11 (4)
Please describe your overall experience of the study preparation:	Excellent	16 (5.8)	15 (5.5)
	Good	117 (42.2)	125 (45.5)
	Fair	102 (36.8)	93 (33.8)
	Poor	29 (10.5)	34 (12.4)
	Bad	13 (4.7)	8 (2.9)
The taste of this study preparation (Pleinvue) was:	Excellent	1 (0.4)	8 (2.9)
	Good	81 (29.3)	69 (25.1)
	Tolerable	116 (42)	128 (46.5)
	Poor	50 (18.1)	50 (18.2)
	Bad	28 (10.1)	20 (7.3)
Would you ask your doctor for this preparation again if you needed another colonoscopy in the future?	Yes	214 (77.3)	209 (76)
	No	63 (22.7)	66 (24)
Would you refuse the same cleansing solution again if it were to be prescribed to you in the future?	Yes	48 (17.4)	48 (17.5)
	No	228 (82.6)	227 (82.5)

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Supplementary Table S2

Boston Bowel Preparation Score (BBPS) per segments and entry BBPS per segment.

BBPS Score	Right colon			Transverse colon			Left colon		
	Liberal diet	1-day LRD	Relative Risk (95% CI) [†]	Liberal diet	1-day LRD	Relative Risk (95% CI) [†]	Liberal diet	1-day LRD	Relative Risk (95% CI) [†]
3 - no. (%)	189 (68%)	197 (71.6%)	0.95 (0.85 - 1.06)	211 (75.9%)	224 (81.5%)	0.93 (0.85 - 1.02)	193 (69.4%)	212 (77.1%)	0.90 (0.81 - 1.00)
2 - no. (%)	79 (28.4%)	74 (26.9%)	1.32 (0.99 - 1.76)	63 (22.7%)	49 (17.8%)	1.27 (0.91 - 1.78)	80 (28.8%)	61 (22.2%)	1.30 (0.97 - 1.73)
1 - no. (%)	8 (2.9%)	3 (1.1%)	2.64 (0.71 - 9.84)	2 (0.7%)	2 (0.7%)	0.99 (0.14 - 6.97)	3 (1.1%)	2 (0.7%)	1.48 (0.25 - 8.81)
0 - no. (%)	2 (0.7%)	1 (0.4)	1.98 (0.18 - 21.69)	2 (0.7%)	0 (0%)	NA	2 (0.7%)	0 (0%)	NA
N° of patients with missing data	0	0	0	0	0	0	0	0	0

[†] The confidence intervals for the secondary outcomes have not been corrected for multiple comparisons, and no clinical conclusions can be drawn from these data.

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Supplementary Table S3

Entry Boston Bowel Preparation Score (BBPS) per segment.

Entry BBPS Score	Right colon			Transverse colon			Left colon		
	Liberal diet	1-day LRD	Relative Risk (95% CI) [†]	Liberal diet	1-day LRD	Relative Risk (95% CI) [†]	Liberal diet	1-day LRD	Relative Risk (95% CI)
3 - no. (%)	86 (30.9%)	77 (28%)	0.95 (0.85 - 1.06)	126 (45.3%)	122 (44.4%)	1.02 (0.85 - 1.23)	118 (42.4%)	101 (36.7%)	1.1 (0.90 - 1.35)
2 - no. (%)	150 (54%)	172 (62.5%)	1.05 (0.81 - 1.38)	129 (46.4%)	134 (48.7%)	0.95 (0.80 - 1.13)	131 (47.1%)	152 (55.3%)	0.85 (0.72 - 1.00)
1 - no. (%)	37 (13.3%)	25 (9.1%)	2.64 (0.71 - 9.84)	18 (6.5%)	19 (6.9%)	0.94 (0.5 - 1.75)	24 (8.6%)	22 (8%)	1.08 (0.62 - 1.88)
0 - no. (%)	5 (1.8%)	1 (0.4%)	1.98 (0.18 - 21.69)	5 (1.8%)	0 (0%)	NA	5 (1.8%)	0 (0%)	NA
N° of patients with missing data	0	0	0	0	0	0	0	0	0

[†] The confidence intervals for the secondary outcomes have not been corrected for multiple comparisons, and no clinical conclusions can be drawn from these data.

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Supplementary Table S4

Additional non-inferiority analysis.

Primary Outcome	Liberal diet	1-day LRD	p-value	Non-inferiority risk difference §	One-sided 95%CI §	RR (95%CI)	N° of patients with missing data
PP analysis. Adequate cleansing - no. (%) n=469	239 / 249 (96)	216 / 220 (98.2)	0.05	2.20	5.00	0.98 (0.95 - 1.01)	0
As treated analysis. Adequate cleansing - no. (%) n= 545	261 / 272 (95.9)	267 / 273 (97.8)	0.03	1.85	4.61	0.98 (0.95 - 1.01)	8
ITT <i>Entry</i> adequate cleansing - no. (%) n= 553	232 / 278 (83.4)	238 / 275 (86.5)	0.30	3.09	8.09	0.96 (0.90 - 1.03)	0

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1-day LRD dietary instructions

LOW RESIDUE DIET

You cannot take: vegetables, fruit, legumes, nuts and whole foods.

- This diet is specially designed to cleanse the intestine and must be done correctly the day before the colonoscopy. You cannot eat or drink anything that is not included in the diet.
- This diet can be followed by patients with diabetes, high cholesterol, or hypertension.

CLEAR LIQUIDS (1.5 - 2 liters)		NON-WHOLEMEAL BREAD
Water, fruit juices without pulp (apple, grape or blueberry), strained vegetable broth, coffee, tea or infusions with sugar or sweetener, isotonic drinks (Isostar, Aquarius, Gatorade...).		Biscuit type toast either toasted white bread
BREAKFAST	<p style="text-align: center;">To choose between these two options:</p> <p>a) 10 g of butter (1 tablet) + 1 tablespoon of honey or jam b) 1 hard-boiled or scrambled egg or omelet or 30 g of sweet ham or turkey (1 thin slice). This option is preferable in diabetic patients.</p> <p>- 2-3 biscuits or 40 g of toasted white bread (2 slices as sliced bread) - Fruit juice without pulp (apple, grape, blueberry). - Coffee or tea and ½ cup of skimmed or semi-skimmed milk.</p>	
MID MORNING SNACK	Fruit juice without pulp (apple, grape, blueberry), coffee, tea or infusions and ½ cup of milk.	
MEAL	<p>- Vegetable broths. - White rice or pasta: 30g raw or 100g cooked (once cooked, it is the amount that fits in a full ladle) or 100g of potato. It can be seasoned with oil or butter. - Chicken, turkey or white fish: 100g, boiled, or baked or microwaved with a little oil (1 small dessert spoon). - Biscuits: 1 or 2 slices - Gelatin: 1 unit - Coffee, tea or infusion</p>	
AFTERNOON SNACK	Fruit juice without pulp (apple, grape or blueberry).	

THE NIGHT BEFORE THE COLONOSCOPY

- Vegetable broths
- Apple juice
- Infusion with sugar or sweetener
- Water
- Aquarius

- **On the day of the colonoscopy, you will be only allowed to drink the cleansing solution and clear liquids up to 2 hours before the colonoscopy. Milk is NOT a clear liquid.**

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Liberal diet instructions

No diet or Liberal diet

- You can follow a diet without any special dietary restrictions, the idea is to follow your usual day-to-day diet.
- Please note that it is recommended to avoid heavy or excessive meals outside of your usual routine the day before the colonoscopy.
- You will need to have a light dinner with a liquid diet as proposed in the chart because you are starting the intake of the cleansing solution for the colonoscopy.
- You must fast for 8 hours, except for the cleansing solution and clear liquids, which should be completed at least 2 hours before the examination (ideally between 2 and 3 hours before).

THE NIGHT BEFORE THE COLONOSCOPY
<ul style="list-style-type: none">-Vegetable broth-Apple juice-Infusion with sugar or sweetener-Water-Aquarius

On the day of the colonoscopy, you will be only allowed to drink the cleansing solution and clear liquids up to 2 hours before the colonoscopy. Milk is NOT a clear liquid.