**OBSERVATIONAL STUDY OF HOME BOWEL PREPARATION IN SURGICAL DAY WARD**

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**Introduction**  
Patients with colonoscopy requiring bowel preparation constitute a heavy workload to the surgical day ward. Traditionally, patients need to be admitted to day ward for bowel preparation before colonoscopy. They need to wait for a long time to ensure a satisfactory bowel preparation, and they are crowded in day ward with other patients, which increase the workload of the nurses. Besides, there are not enough toilets in day ward, which make patients feel inconvenient and embarrassed. To streamline the workflow in day ward, a new home bowel preparation scheme was introduced for some elective patients, which can help shorten the length of stay in day ward while at the same time patients can have a satisfactory bowel preparation in a comfortable environment.

**Objectives**  
1. To decrease staff’s workload for bowel preparation. 2. To decrease patients’ waiting time in day ward. 3. To increase the efficiency of colonoscopy.

**Methodology**  
A study of home bowel prep was piloted from January to December 2014. On every Monday and Friday, five to ten patients were selected for home bowel prep. Patients who underwent home bowel prep would complete their bowel preparation at home and were then admitted to day ward around 12:00pm on the day of colonoscopy, while those patients who underwent traditional bowel prep were admitted in the early morning around 08:00am.

**Result**  
A total of 2249 patients underwent colonoscopy from January to December 2014; 853 (38%) patients were selected for home bowel preparation, and 1396 (62%) patients
were given traditional bowel preparation. Retrospective review showed in the home bowel preparation group, 51 (6%) patients had poor bowel preparation, 210 (25%) patients had average bowel preparation, and the rest 592 (69%) patients had good bowel preparation. For the traditional bowel preparation group, 96 (6%) patients had poor bowel preparation, 616 (44%) patients had average bowel preparation, and the rest 684 (48%) patients had good bowel preparation. For the home bowel preparation patients group, the average length of hospitalization in day ward was around 4 hours. However, for the traditional bowel preparation group, the average length of hospitalization in day ward was around 9 hours. After the introduction of the new home bowel preparation scheme, the average length of stay, bed occupancy and the workload of staff on bowel preparation were decreased. Home bowel preparation was cost effective and the shortage of day patient beds can be effectively relieved too. Patients can have a better environment at home for bowel preparation such as toilet facilities.