

INTRODUCTION

- The primary goal of screening colonoscopy is to detect and resect premalignant colon lesions
- The miss rate remains significant in quality adjusted colonoscopies¹
- Previous meta-analysis showed that right-sided retroflexion significantly increases the detection of adenomas in the right colon²
- Evidence regarding the value of rectal retroflexion remains unclear

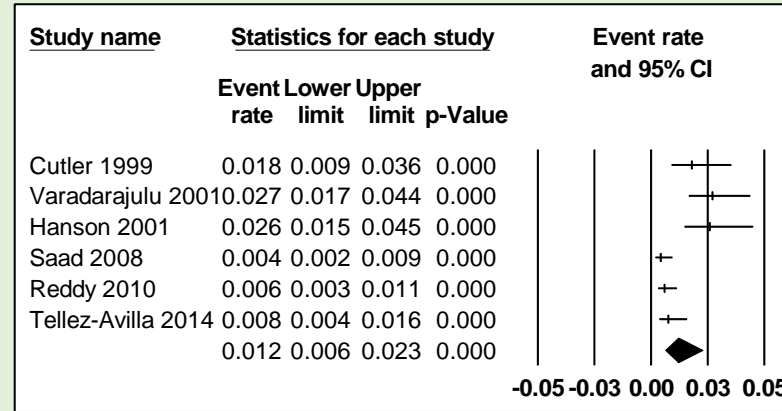
OBJECTIVE

- Determine the effect of rectal retroflexion on the polyp detection rate
- Determine the overall success rate of this maneuver

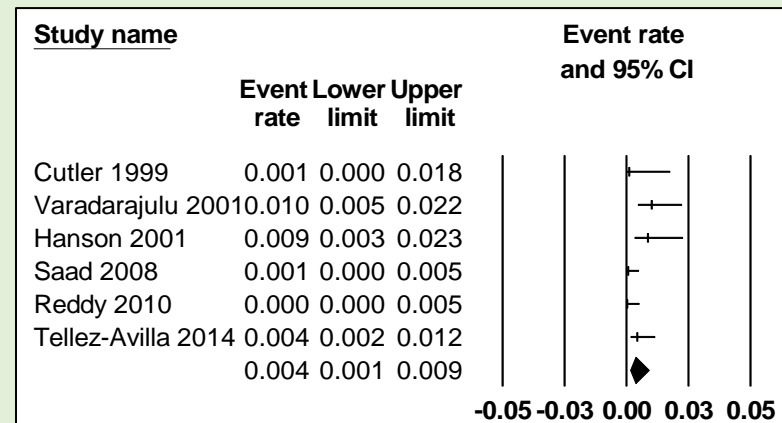
METHODS

- A systematic review of all the major databases was performed (MEDLINE, Embase, CINAHL, Google Scholar)
- Data on patient demographics, study design, country of publication, polyp histology, detection rate of polyps with retroflexion were extracted
- Pooled proportions were calculated using the arcsine square root transformed portion
- Pooled estimates were obtained using a random effects model
- Heterogeneity and publication bias were assessed

Retroflexion and All Polyp Detection



Retroflexion and Adenomatous Polyp Detection



RESULTS

- Six studies were included in our analysis (N=5482)
- All the studies were prospective observational studies
- The pooled event rate for the detection of polyps on rectal retroflexion compared to forward view was 1.2% (95% CI: 0.6%-2.3%, p<0.0001)
- The total number of successful rectal retroflexions performed was 5339 out of 5482 attempted or considered (Success rate 97.3%)
- The detection rate of tubular adenoma or tubulo-villous adenoma revealed a statistically significant higher detection in the retroflexion group compared to forward view with a pooled event rate 0.4% (95% CI: 0.1%-0.9%, p=0.009)

CONCLUSION

- Rectal retroflexion is an easy maneuver with a high success rate that could potentially increase the detection of adenomatous polyps in the rectum.

REFERENCES

- Corley DA, Jensen CD, Marks AR, et al. Adenoma detection rate and risk of colorectal cancer and death. N Engl J Med. 2014;370(14):1298-1306
- Cohen J, et al. The Effect of Right Colon Retroflexion on Adenoma Detection: A Systematic Review and Meta-analysis. J Clin Gastroenterol. 2017;51(9):818-824