

Complete Colonoscopy vs. Flexible Sigmoidoscopy to diagnose Microscopic Colitis

Brian Sowka, DO; Padmavathi Mali, MD; Department of Gastroenterology; La Crosse, WI

INTRODUCTION

- Microscopic colitis (MC) is a diagnosis made via biopsy, typically requiring a colonoscopy.
- Current European guidelines recommend performing a colonoscopy as rectal biopsies alone could miss the diagnosis.
- The purpose of the study is to retrospectively analyze the data on patients diagnosed with MC and determine if complete colonoscopy with right and transverse colon biopsies is needed to make a diagnosis or if flexible sigmoidoscopy with rectal and left sided biopsies would suffice.

METHODS

- We performed a retrospective review of data from 1/1/1999 to 1/12/2019 on patients with a pathologic diagnosis of MC at Gundersen Health System.
- We included 342 patients with a histological diagnosis of either collagenous, lymphocytic, or MC.
- No patients were excluded.
- We compared the frequencies of left sided versus random colonoscopy biopsy diagnosis of microscopic colitis using Kappa coefficient as a measure of interrater reliability for agreement. A p-value was calculated to evaluate for significant difference.

Patient Characteristics	Frequency
Collagenous Colitis	113
Lymphocytic Colitis	218
Microscopic Colitis	11
Tubular Adenomas	7

Table 1 – Patient Characteristics

RESULTS

- Out of 342 patients, 129 patients had positive pathologic diagnosis from left sided biopsy sites alone while 184 patients had positive biopsy results from random biopsy sites.
- This frequency indicates 53.8% of the diagnoses for MC could be missed by performing left sided biopsies alone.
- The Kappa coefficient of -0.7896 indicates no agreement between obtaining a pathologic diagnosis from left sided biopsy compared to random with a ($p < .0001$).
- None of these patients were using budesonide at the time of biopsy.

DISCUSSION

- This study highlights agreement with current European guidelines for the recommendation of doing a complete colonoscopy for the diagnosis of MC.
- Our study included a larger patient population.
- Kappa coefficient of -0.7896 indicates moderate disagreement between positive biopsy diagnosis from left and random biopsy sites.
- This study adds validity to the guidelines and highlights the importance of performing a full colonoscopy to diagnose microscopic colitis.

REFERENCES

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