

# Researchers link GLP-1 RA use to lower quality of bowel preparation

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The use of glucagon-like peptide 1 receptor agonists (GLP-1 RAs) for diabetes or obesity is associated with a lower quality of bowel preparation among patients undergoing colonoscopy, according to a

study [published](#) in the June issue of the *American Journal of Gastroenterology*.

Rebecca Yao, M.D., M.P.H., from the Mayo Clinic in Rochester, Minnesota, and colleagues conducted a retrospective cohort study of patients who underwent screening or surveillance [colonoscopy](#) at a large academic medical center to examine whether use of GLP-1 RA is associated with decreased quality of bowel preparation. Patients taking GLP-1 RAs for diabetes or [obesity](#) during colonoscopy were defined as cases, and those who were prescribed GLP-1 RAs at one point but not within three months of colonoscopy were included as controls (265 and 181, respectively).

The researchers found that when controlling for [diabetes](#), the mean Boston Bowel Preparation Score (BBPS) was significantly higher in controls than cases ( $7.0 \pm 1.9$  versus  $7.5 \pm 2.4$ ). The case group had a significantly higher percentage of patients with a total BBPS score of

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