

Tubo Digestivo

CO-019 - RANDOMIZED TRIAL COMPARING POLIDOCANOL FOAM SCLEROTHERAPY WITH RUBBER BAND LIGATION IN THE TREATMENT OF FIRST, SECOND AND THIRD-GRADE HEMORRHOIDAL DISEASE

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Introduction

Rubber band ligation (RBL) and sclerotherapy are considered the office-based procedures of choice in hemorrhoidal disease (HD). However, there are no comparative studies between RBL and polidocanol foam sclerotherapy (PFS). The present study aimed to evaluate the efficacy and safety of PFS compared with RBL.

Methods

Randomized, open-label study including patients with HD grades I to III referred to a tertiary hospital. Participants were randomly assigned (1:1) to treatment with either RBL or PFS, stratified by HD grade, and were evaluated for a follow-up period of one year. Primary outcomes assessed the office-based procedures efficacy and included therapeutic success and recurrence. Safety outcomes included the occurrence of any complication related to the office-based procedures.

Results

Between October 2018 and June 2019, 120 patients were included. Therapeutic success was not significantly different between the groups (PFS 93.3% vs RBL 85.0%, $p=.142$). However, complete success rate was higher in PFS group (88.3% vs 66.7%, $p=.009$), with less office-based sessions (mean \pm SD: 1.32 ± 0.60 vs 1.62 ± 0.76 , $p=.018$). Recurrence rates were lower in the PFS group (16.1% vs 41.2%, $p=.004$). Most of the recurrences were mild (83.3%). Complications were more frequent in the RBL group (30.0% vs 10.0%, $p=.011$) and were mostly minor (91.7%). No severe complications were observed in either group.

Conclusions

Both office-based procedures are effective in the treatment of HD grades I to III. PFS was more effective than RBL when considering complete success. Patients in PFS group needed fewer office-based treatment sessions, had lower recurrence rates and were less likely to have complications.