

A Randomized Trial of Remimazolam vs Propofol for Sedation in Elderly Patients

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Abstract

Background: Remimazolam may offer advantages over propofol for sedation in elderly patients. Methods: 120 patients (age ≥ 65) undergoing colonoscopy were randomized. Results: Recovery time shorter with remimazolam (8.2 vs 12.7 min, $p=0.003$). Hypotension less frequent (8% vs 22%, $p=0.01$). Conclusion: Remimazolam provides faster recovery and fewer hemodynamic events.

1. Introduction

Sedation in elderly is challenging. Propofol has narrow therapeutic window and hemodynamic effects. Remimazolam is a novel ultra-short-acting benzodiazepine.

2. Methods

Single-center double-blind RCT. Inclusion: age ≥ 65 , ASA I-III, colonoscopy.

Table 1. Baseline

Char.	Remi	Prop
Age	72+/-5	72+/-5
Female	55%	53%
BMI	27.4	28.1

Table 2. Events

Event	Remi	Propofol	p
Hypotension	5(8%)	13(22%)	0.01
Brady	3(5%)	7(12%)	0.15
Nausea	4(7%)	6(10%)	0.42

3. Results

All 120 patients completed. Primary outcome: recovery time shorter with remimazolam (8.2 $\pm$ 2.1 vs 12.7 $\pm$ 3.4 min; $p=0.003$). Patient satisfaction favored remimazolam.

4. Discussion

Remimazolam provides faster recovery and fewer complications vs propofol in elderly.

References

- [1] Sneyd JR. Remimazolam: a new benzodiazepine. Br J Anaesth 2020.
- [2] Kim KM et al. Remi vs propofol for colonoscopy. Anesthesiology 2023.