A comparison of 5% povidone-iodine solution against 1% povidone-iodine solution in preoperative cataract surgery antisepsis: a prospective randomised double blind study

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Background/aim: Povidone-iodine (PI, Betadine) is routinely used as a preoperative topical antiseptic in cataract surgery as it has been shown to reduce the incidence of postoperative endophthalmitis. However, the concentration used clinically is variable. In vitro studies have shown that PI is paradoxically more effective at lower concentration. This study was undertaken to determine if this effect was reproducible in vivo.

Methods: A prospective randomised double blind study was carried out in the ophthalmic theatre in a district general hospital. 105 patients attending for routine cataract surgery were randomly allocated to have their conjunctival fornices irrigated preoperatively with either PI 1% (group A) or PI 5% (group B). Conjunctival swabs were taken, in identical fashion, both before and 1 minute after irrigation. The number and species of bacterial colonies cultured from each swab was counted. The difference in the median number of bacterial colonies from pre-irrigation to post-irrigation cultures was then compared between the groups.

Results: Bacterial cultures were gained from 100 patients (33 male, 67 female, mean age 74 years, range 30–95 years). Group B (5% PI) showed a decrease in median colony forming units (CFU) pre-irrigation from 100 to 40 CFU post-irrigation (a drop of 60%). This was greater than in group A (1% PI) where the reduction was 120 CFU pre-irrigation to 100 CFU post-irrigation (a drop of 16.7%) (Mann-Whitney test, p<0.05). At higher initial bacterial loads (CFU pre-irrigation >1000), the difference in median between the two groups became larger as the number of pre-irrigation bacteria increased. In group B pre-irrigation CFU reduced from 3340 to 110 post-irrigation (a drop of 96.7%) compared with group A: 5000 CFU pre-irrigation to 3000 post-irrigation (a drop of 40%) (Mann-Whitney test, p=0.0014).

Conclusion: Despite in vitro evidence of higher bactericidal efficacy of PI at more dilute concentrations, 5% PI is more effective than 1% PI in decreasing the human conjunctival bacterial flora in vivo, particularly in the presence of heavier initial bacterial load.

Although the incidence of endophthalmitis following cataract surgery is rare at about 0.1%, it remains a serious postoperative complication with a potentially poor visual prognosis. Various methods of prophylaxis have been used in an effort to minimise the risk of postoperative endophthalmitis, but the designs of studies with sufficient power to measure their efficacy are hampered by the large sample sizes required to produce a statistically significant result. In a recent comprehensive literature review of various prophylactic techniques, Ciulla et al found preoperative irrigation with povidone-iodine (polyvinylpyrrolidone-iodine; PI) to be the most strongly recommended technique based on the current clinical evidence (the strength of povidone-iodine was not specifically mentioned).1

Povidone-iodine has been shown to be effective against a wide range of bacteria, as well as fungi, protozoa, and viruses.4,5 Although some bacteria have demonstrated a “pseudo-resistance” to povidone-iodine, this is presumed to be due to their ability to coat themselves in a protective extracellular matrix.6 This inhibition is inversely proportional to the povidone-iodine concentration.7 It is not inhibited by normal saline or water solutions.6

The ideal concentration of povidone-iodine for maximal efficacy is not clarified. Povidone-iodine stock solution is 10%, comprising 90% water, 8.5% povidone-iodine, 1% available iodine, and iodide.1 Previous studies have shown that 5% povidone-iodine effectively decreases the bacterial flora of the ocular surface and adnexae,8,9 and thus theoretically decreases the risk of endophthalmitis, while other large studies have demonstrated 5% povidone-iodine to directly decrease the incidence of endophthalmitis.10–11

More dilute concentrations have been studied in vivo in dogs’ eyes where 0.2% povidone-iodine was shown to be equally as bactericidal as 1% and 5% povidone-iodine.12 In human eyes, in a small study, 0.02% povidone-iodine irrigation has been found to be equally bactericidal compared to 5% povidone-iodine drops.13

There has been no study to compare more dilute concentrations of povidone-iodine with 5% povidone-iodine in the human eye while controlling other variables such as method or length of irrigation. We therefore conducted a prospective randomised double blind comparative study of the effect of 5% povidone-iodine against 1% povidone-iodine on the bacterial flora of the human conjunctiva, using an identical and clinically relevant method of application, to see if the increased bactericidal effect of lower concentrations seen in vitro was reproducible in vivo.

METHODS

Ethical approval for the study was obtained from the Forth Valley Health Board ethics of research committee. The supply of povidone-iodine in randomised aliquots of either 1% or 5%...
dilution was sourced from a nearby pharmaceutical laboratory. Aliquots were supplied in identical smoked glass bottles, numbered from 1 to 105.

Patients attending for routine cataract surgery at Stirling Royal Infirmary were invited to take part in the study, via a written information sheet accompanying their letter of appointment to attend for pre-assessment. Informed consent was then obtained from those agreeing (105 in total) at the pre-assessment visit 1 week before their operation. Exclusion criteria were current eye infection, use of topical or systemic antimicrobial agents, allergy to iodine, previous intraocular surgery, and pregnancy.

Our standard preoperative preparation was carried out on each patient: three applications of single dose units of proparacaine hydrochloride 0.5%, cyclopentolate 1%, phenylephrine 2.5%, and diclofenac sodium 0.1% were applied on 100 patients were available for analysis; 67 patients were female and 33 were male. The mean age was 74 years (range 30–95; SD 10.4 years). Forty eight patients received 5% povidone-iodine and 52 patients received 1% povidone-iodine. The sample size of 100 had 80% power to detect as significant at the 5% level a true mean difference in normally distributed outcomes of 0.65 standard deviations. For counts of CFU, which were approximately normally distributed after logarithmic transformation, this corresponded to a fourfold change in levels. To enable logarithmic transformation a count of 10 was arbitrarily assigned when no CFU were detected (being less than half the minimum detectable CFU count, and therefore to age (p=0.7, unpaired t test) or sex (p>0.999, Yates’s corrected χ²).

RESULTS
In all, 105 patients were recruited, but the swabs from five patients were not received by the laboratory within 3 hours of sampling and so were not cultured and therefore excluded (see Fig 1). The code for the correlation of patient with the dilution of povidone-iodine used for each patient was not broken until all microbiological data were complete. The results of the pre-irrigation and post-irrigation cultures on 100 patients were available for analysis; 67 patients were female and 33 were male. The mean age was 74 years (range 30–95; SD 10.4 years). Forty eight patients received 5% povidone-iodine and 52 patients received 1% povidone-iodine. The two groups showed no statistical difference with respect to age (p=0.7, unpaired t test) or sex (p>0.999, Yates’s corrected χ²).
difference was even more significant: 1% PI subgroup median CFU. Indeed, among those with pre-irrigation CFU >1000, the relative to the 1% dose in the context of high initial levels of This implies that the 5% PI dosage was especially effective for this group. An interaction test in a multiple linear regression analysis showed that the slope of the line for the 5% PI group was significantly steeper in this case (Fig 3).

As the CFU varied over four orders of magnitude, further analysis of the quantitative data was done after logarithmic transformation, and Figure 2 shows a plot of (log) post-irrigation CFU against pre-irrigation CFU, with separate regression lines fitted to each group. An interaction test in a multiple linear regression analysis of the change in log CFU, showed that the gradient of the line for 5% PI was significantly steeper in this case (Fig 3). This implies that the 5% PI dosage was especially effective relative to the 1% dose in the context of high initial levels of CFU. Indeed, among those with pre-irrigation CFU >1000, the difference was even more significant: 1% PI subgroup median CFU changed from 5000 pre-irrigation to 3000 post-irrigation (40% reduction); and 5% PI subgroup changed from 3340 pre-irrigation to 110 post-irrigation (96.7% reduction) (p=0.0014). Conversely, the difference in CFU in the subgroup with pre-irrigation CFU <1000 showed no statistically significant difference (p=0.12).

Bacterial species
Table 1 summarises the results for prevalence of bacteria species in each treatment group before and after irrigation. The type of bacteria isolated were consistent with the bacterial flora found in previous studies. None of these either before or after irrigation showed a significant difference between the treatment groups. Twenty six of the 100 cultures were “sterile” (yielded no cultured organism) before irrigation, and 22 of these were also “sterile” following irrigation. The total number of “sterile” cultures post-irrigation was 34. Where post-irrigation bacteria were present, the same species were also present in the pre-irrigation cultures in 95 of 100 cultures. Coagulase negative staphylococci (CNS) were present pre- and post-irrigation in 29 patients (88%) treated with 1% PI and 18 (69%) of those treated with 5% PI; this difference between the two groups approached significance (Yates, p=0.07), while the counts for post-irrigation CNS without pre-irrigation CNS were low in both groups at 2 (10%) and 1 (4%) respectively.

DISCUSSION
Povidone-iodine has been shown to be bactericidal against a wide range of bacteria, and is also effective against fungi, protozoa, and viruses. Povidone is hydrophilic and acts as a carrier of the iodine moiety to cell membranes. Once the povidone-iodine complex reaches the cell wall, the free iodine released is rapidly cytotoxic, killing the prokaryotic cell within 10 seconds. Further free iodine is released from the povidone-iodine complex as free iodine is used up, until the available iodine is exhausted. The free iodine concentration has been shown to increase with more dilute concentrations of povidone-iodine, with a maximal free iodine concentration of 24 parts per million at 0.7%.

This paradoxical effect follows a “bell curve”: concentrations less than 0.05% lose their povidone-iodine complex characteristics and behave like aqueous iodine. Correspondingly, the in vitro bactericidal efficacy of povidone-iodine has been shown to increase at more dilute concentrations of 0.1 to 1%, with relatively faster killing rates.

Previous studies have shown that 5% povidone-iodine effectively decreases the bacterial flora of the ocular surface and adnexae, and thus theoretically decreases the risk of
endophthalmitis. Other large studies have demonstrated 5% povidone-iodine to directly decrease the incidence of endophthalmitis, although, as noted by the authors, the design of these studies is not ideal: Schmitz et al acknowledge the limitations of their retrospective survey design. Speaker and Menikoff conducted a prospective parallel trial, however it was not randomised and antibiotic prophylaxis was an uncontrolled variable.13 Our results show a significant difference in bactericidal activity in vivo between 5% and 1% povidone-iodine, with 5% povidone-iodine demonstrating more activity overall. Interestingly, there is no statistical difference between the two strengths with low initial bacterial loads—the difference becomes more marked only as the initial load of bacteria increases. This is in contrast with results seen in vitro.14 In vivo, known inhibitors of povidone-iodine (blood, pus, fat, glove powder as well as protein containing solutions) may be present and may have a role of altering bactericidal efficacy, or the dose or volume of the povidone-iodine may vary depending on the contact time and retention within the conjunctival fornix.

Nevertheless, Roberts et al demonstrated, in dogs’ eyes in vivo, that 0.2% povidone-iodine (continuous ocular irrigation and periocular scrub for 2 minutes followed by soaks for 24 minutes) was equally as bactericidal as 1% and 5% povidone-iodine.15 Grimes et al, in a small study of human eyes of 22 patients, again found 0.02% povidone-iodine irrigation (duration not specified) to be equally bactericidal as 5% povidone-iodine drops.16 The discrepancies between our results and previous studies may be explained by the povidone-iodine concentration, or the mode or duration of application. Povidone-iodine 1%, although initially more bactericidal, has a lower reservoir of available iodine which is exhausted when the bacterial load is increased. The study in dogs’ eyes14 irrigated the ocular surface with povidone-iodine for a total of 4 minutes (compared to 1 minute in our study), which would allow the available iodine reservoir to be continually replenished and so avoid this problem. We used 1 minute as our time of irrigation as this was closer to the actual time we currently spend irrigating the ocular surface in the anaesthetic room (although the total time the povidone-iodine is in contact with the ocular surface before the operation commences is approximately 4–5 minutes). Irrigating the ocular surface for a longer period may therefore show an improvement in the performance of 1% povidone-iodine (with results similar to those seen in the dogs’ eye study). Confirmation of the minimum time of irrigation for each concentration would need to be studied with further prospective randomised studies and was outside the scope and resources of our study. There may be an optimum concentration/time balance which provides acceptable reduction in CFU count, in a reasonable and practical application time without ocular toxicity.

Our results do raise the question of whether an even higher (for example, 10%) concentration would prove even more effective as a bactericidal agent and in a shorter time, but at the risk of toxicity. In many units, 5% povidone-iodine is diluted from hospital stock solution (10%) povidone-iodine (Betadine). The choice of 5% povidone-iodine, as opposed to the 10% stock solution, was based on concerns over the toxicity of the undiluted form17 and the evidence base to support the use of 5% povidone-iodine. The comparative bactericidal effect of the stock solution (10%) povidone-iodine was not studied in this trial. This product has a typical free iodine concentration of one part per million (0.0001 %), being in a state of dynamic equilibrium with the povidone-iodine complex. The documented toxicity of topical povidone-iodine is largely limited to conjunctival irritation (incidence of 0.4%)18 (and from one of the author’s personal experience certainly most unpleasant in an anaesthetised eye!). Keratoconjunctivitis sicca has also been reported.19 Contact dermatitis is less common (0.04%); however, the risk of a reaction is increased tenfold in the presence of allergy to shellfish or iodine.3 Although it is not common, the incidence of a conjunctival reaction seems to be directly related to the concentration of povidone-iodine used.12,13 This may be explained by the pH of povidone-iodine solution, which becomes less acidic with dilution14 and thus more closely approximates the pH of the conjunctiva.

Wille evaluated corneal swelling and endothelial cell loss with specular microscopy following cataract surgery; he did not show any increased corneal damage when povidone-iodine was used.10 Unfortunately the strength of povidone-iodine used was not mentioned in the study. MacCrae et al studied rabbit corneas after application of 10% povidone-iodine and showed moderate transient corneal oedema at 5 minutes, which had resolved by 3 hours,24 while Tsunoda found the cytotoxicity of povidone-iodine in vivo in rats was less than in vitro.25

The cytotoxicity of povidone-iodine on fibroblasts and polymorphonuclear lymphocytes is also directly related to the concentration,14 with concentrations as low as 0.5% retarding wound healing in rabbit models by 24 hours.26 Intravitreal injection of povidone-iodine in rabbit eyes causes retinal oedema and necrosis, again in a dose dependent fashion27 and therefore intraocular contamination must be viewed with concern. Establishing the correct therapeutic ratio of concentration dose and time is important, and reducing concentration of the irrigating fluid would be seen as an advantage, but not at the expense of inadequate bacterial kill.

We chose to take our samples before the injection of any local anaesthesia as povidone-iodine is known to be inhibited by blood,7 and in our experience a small amount of subconjunctival haemorrhage is not uncommon following sub-Tenon’s injection. This inhibition is worth considering in current preoperative antisepsis methods (regardless of strength used) as our study shows residual conjunctival bacteria present in 66% of post-irrigation cultures. It would therefore seem prudent to irrigate the ocular surface before local anaesthesia to avoid inhibition of povidone-iodine and thus minimise the presence of conjunctival bacteria, and to extend the effective time before surgical entry into the eye. A total of 16% of cultures showed an increase in the number of bacteria following irrigation, with 4% showing a new species. These cases occurred in both groups, which would indicate this result may be artefact. Possible sources would be sampling errors of small numbers of bacteria missed by the first swab, or mechanical release of bacteria from the lid margins by the mechanical action of taking the swab. This effect has been noted in previous studies where irrigation with normal saline has caused an increase in the number of bacterial species cultured.28 We have included all culture results in our analysis none the less.

None of our patients developed postoperative endophthalmitis, but the study is of too low a power to draw conclusions from this. A truly sterile conjunctival fornix is probably not achievable, but reduced external load probably reduces anterior chamber contamination and allows natural defence mechanisms (for example, defensins) not to become overloaded.

SUMMARY

In conclusion therefore, this study supports the use of 5% povidone-iodine in everyday clinical use. Up to 96.7% bacterial kill is achieved with only 1 minute of irrigation. Despite in vitro evidence to the contrary, with a short irrigation time 5% povidone-iodine is more effective than 1%, particularly in the presence of large numbers of bacteria. Exact times and concentrations of povidone-iodine to establish optimum therapeutic ratios require further studies.

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