

Supplementary Table S1. Bowel preparation adequacy and colonoscopy indications and findings.

	Complete cases (N=59)	Lost to follow up (N=20)	All cases (N=79)
Bowel preparation adequacy, yes n(%)^a			
Fair	15 (25%)	5 (25%)	20 (25%)
Good	37 (63%)	11 (55%)	48 (61%)
Excellent	7 (12%)	4 (20%)	11 (14%)
Indication for colonoscopy, yes n(%)			
Positive faecal occult blood test	24 (41%)	6 (30%)	30 (38%)
Surveillance colonoscopy ^c	19 (32%)	1 (5%)	20 (25%)
Other symptoms ^e	18 (31%)	8 (40%)	26 (33%)
Change in bowel habits ^b	5 (9%)	7 (35%)	12 (15%)
Iron-deficiency anaemia	5 (9%)	1 (5%)	6 (8%)
Suspected lesions ^d	2 (3%)	0 (0%)	2 (3%)
Colonoscopy outcome, yes n(%)^f			
No abnormalities detected	12 (20%)	7 (35%)	19 (24%)
Diverticular disease	18 (31%)	4 (20%)	22 (28%)
Polyps	37 (63%)	9 (45%)	46 (58%)
Other ^g	16 (27%)	8 (40%)	24 (30%)

Notes:

^a Based on an overall Boston Bowel Preparation Scale score.

^b Change in bowel habit(s) includes frequent stools, diarrhoea, faecal incontinence.

^c Surveillance includes for family history, previous polyps, previous gastric surgery.

^d Clinically or radiologically detected lesions included thickened area on scans and possible rectal mass detected; detected lesions were not associated with a cancer diagnosis.

^e Other symptoms included abdominal pain, peri-rectal bleeding, haemorrhoids, anorectal pain, weight loss, vomiting, bloating, pain on defecation.

^f Some participants received more than one diagnosis after colonoscopy, therefore percentages exceed 100%.

^g Other outcomes included haemorrhoids, granular mucosa, and muscle hypertrophy.

Supplementary Table S2. Unadjusted and adjusted models of the change in beta-diversity of faecal samples collected one week before and one month after bowel preparation and colonoscopy using the Aitchison distance metric.

<i>Predictors</i>	Aitchison distance				
	<i>Df</i>	<i>Sum of squares</i>	<i>R</i> ²	<i>F</i>	<i>p-value</i>
Unadjusted model					
Time point	1	1975	0.004	0.441	0.001
Residual	116	519339	0.996		
Total	117	521314	1.000		
Adjusted model					
Age (years)	1	7610	0.015	1.749	0.246
Sex (male)	1	7228	0.014	1.661	0.604
BMI	1	7549	0.015	1.735	0.374
Diet quality	1	8891	0.017	2.043	0.028
IBS (yes)	1	5302	0.010	1.219	0.287
Time point	1	1976	0.004	0.454	0.001
Residual	111	482935	0.926		
Total	117	521314	1.000		
<p><i>Note: Age at time of recruitment; BMI calculated as weight (kilograms)/height(metres)² at time of recruitment; Diet quality measured using a Simple Dietary Questionnaire based on previous studies(37).</i></p> <p><i>Abbreviations: BMI, body mass index; CI, confidence interval; Df, degrees of freedom; IBS, irritable bowel syndrome.</i></p>					