

Contents

List of Video Clips, xi

Preface to the Seventh Edition, xii

Preface to the First Edition, xiv

Acknowledgments, xv

About the Companion Website, xvi

1 The Endoscopy Unit, Staff, and Management, 1

Endoscopy units, 1

Procedure rooms, 2

Patient preparation and recovery areas, 2

Equipment management and storage, 3

Staff, 3

Procedure reports, 3

The paperless endoscopy unit, 4

Management, behavior, and teamwork, 4

Documentation and quality improvement, 4

Educational resources, 5

Further reading, 5

2 Endoscopic Equipment, 6

Endoscopes, 6

Tip control, 8

Instrument channels and valves, 9

Different instruments, 9

Endoscopic accessories, 10

Ancillary equipment, 11

Electrosurgical units, 11

Lasers and argon plasma coagulation, 12

Equipment maintenance, 12

Channel blockage, 13

Infection control, 13

Staff protection, 14

Cleaning and disinfection, 14

Endoscope reprocessing, 14

Mechanical cleaning, 15

Manual cleaning, 16

Manual disinfection, 16

Disinfectants, 16

Rinsing, drying, and storing, 16

- Accessory devices, 17
- Quality control of reprocessing, 17
- Safety and monitoring equipment, 17
- Further reading, 17

3 Patient Care, Risks, and Safety, 19

- Patient assessment, 19
 - Is the procedure indicated?, 19
 - What are the risks? Unplanned events and complications, 20
- Patient education and consent, 23
- Physical preparation, 27
- Monitoring, 27
- Medications and sedation practice, 27
 - Sedation/analgesic agents, 28
 - Anesthesia, 29
 - Other medications, 29
 - Pregnancy and lactation, 29
- Recovery and discharge, 30
- Managing an adverse event, 30
- Further reading, 31

4 Upper Endoscopy: Diagnostic Techniques, 33

- Patient position, 33
- Endoscope handling, 34
- Passing the endoscope, 34
 - Direct vision insertion, 35
 - Blind insertion, 36
 - Insertion with tubes in place, 37
 - Finger-assisted insertion, 37
- Routine diagnostic survey, 38
 - Esophagus, 38
 - Stomach, 39
 - Through the pylorus into the duodenum, 40
 - Passage into the descending duodenum, 41
 - Retroflexion in the stomach (J maneuver), 42
 - Removing the instrument, 43
- Problems during endoscopy, 43
 - Patient distress, 43
 - Getting lost, 43
 - Inadequate mucosal view, 44
- Recognition of lesions, 44
 - Esophagus, 44
 - Stomach, 46

- Duodenum, 48
- Dye enhancement techniques, 48
- Specimen collection, 49
 - Biopsy techniques, 49
 - Cytology techniques, 50
 - Sampling submucosal lesions, 51
- Diagnostic endoscopy under special circumstances, 51
 - Operated patients, 51
 - Acute upper gastrointestinal bleeding, 52
 - Endoscopy in children, 52
 - Endoscopy of the small intestine, 52
- Further reading, 53
- 5 Therapeutic Upper Endoscopy, 54**
 - Benign esophageal strictures, 54
 - Dilation methods, 54
 - Post-dilation management, 57
 - Achalasia, 57
 - Balloon dilation, 58
 - Botulinum toxin, 58
 - Esophageal cancer palliation, 58
 - Palliative techniques, 59
 - Esophageal stenting, 59
 - Esophageal perforation, 61
 - Gastric and duodenal stenoses, 61
 - Gastric and duodenal polyps and tumors, 62
 - Foreign bodies, 62
 - Foreign body extraction, 63
 - Extraction devices, 64
 - Acute bleeding, 65
 - Lavage?, 66
 - Bleeding lesions, 67
 - Variceal treatments, 67
 - Treatment of bleeding ulcers, 69
 - Treatment of bleeding vascular lesions, 71
 - Complications of hemostasis, 71
 - Enteral nutrition, 71
 - Feeding and decompression tubes, 71
 - Percutaneous endoscopic gastrostomy (PEG), 72
 - Percutaneous endoscopic jejunostomy (PEJ), 74
 - Nutritional support, 75
 - Further reading, 75
 - Neoplasia, 75
 - Foreign bodies, 75

Nutrition, 75
 Bleeding, 75
 Esophageal, 76
 General, 76

6 Colonoscopy and Flexible Sigmoidoscopy, 78

History, 78
 Indications and limitations, 78
 Double-contrast barium enema, 79
 Computed tomography colography, 79
 Colonoscopy and flexible sigmoidoscopy, 79
 Combined procedures, 80
 Limitations of colonoscopy, 80
 Hazards, complications, and unplanned events, 81
 Safety, 82
 Informed consent, 83
 Contraindications and infective hazards, 83
 Patient preparation, 85
 Bowel preparation, 85
 Routine for taking oral prep, 89
 Bowel preparation in special circumstances, 89
 Medication, 91
 Sedation and analgesia, 91
 Antispasmodics, 94
 Equipment—present and future, 95
 Colonoscopy room, 95
 Colonoscopes, 95
 Instrument checks and troubleshooting, 97
 Accessories, 98
 Carbon dioxide, 98
 Magnetic imaging of endoscope loops, 99
 Other techniques, 99
 Anatomy, 99
 Embryological anatomy (and “difficult colonoscopy”), 99
 Endoscopic anatomy, 101
 Insertion, 103
 Video-proctoscopy/anoscopy, 104
 Rectal insertion, 105
 Retroversion, 105
 Handling—“single-handed,” “two-handed,” or two-person?, 106
 Two-person colonoscopy, 106
 “Two-handed” one-person technique, 106
 “Single-handed” one-person colonoscopy—torque-steering, 107

- Sigmoidoscopy—accurate steering, 109
- Endoscopic anatomy of the sigmoid and descending colon, 112
- Sigmoidoscopy—the bends, 114
- Sigmoidoscopy—the loops, 114
 - Short or pain-sensitive colons—pull back and straighten the “N”-loop, 116
 - Straightening a spiral loop, 121
 - Longer colons—the S-loop, 121
 - Atypical sigmoid loops and the “reversed alpha”, 122
 - Remove shaft loops external to the patient, 122
- Diverticular disease, 122
- Descending colon, 124
 - Distal colon mobility and “reversed” looping, 124
- Splenic flexure, 125
 - Endoscopic anatomy, 125
 - Insertion around the splenic flexure, 125
 - Position change, 127
 - Overtubes, 128
 - The “reversed” splenic flexure, 128
- Transverse colon, 130
 - Endoscopic anatomy, 130
 - Insertion through the transverse colon, 131
 - Hand-pressure over the transverse or sigmoid colon, 134
- Hepatic flexure, 134
 - Passing the hepatic flexure, 134
 - Position change, 135
 - Is it the hepatic flexure—or might it be the splenic?, 136
- Ascending colon and ileo-cecal region, 136
 - Endoscopic anatomy, 136
 - Reaching the cecum, 137
 - Finding the ileo-cecal valve, 138
 - Entering the ileum, 139
 - Inspecting the terminal ileum, 141
- Examination of the colon, 142
 - Localization, 143
 - Normal appearances, 146
 - Abnormal appearances, 146
 - Unexplained rectal bleeding, anemia, or occult blood loss, 148
- Stomas, 149
- Pediatric colonoscopy, 149
- Per-operative colonoscopy, 150
- Further reading, 151
 - General sources, 151

- Preparation, medication and management, 151
- Techniques and indications, 151
- Hazards and complications, 152

7 Therapeutic Colonoscopy, 153

- Equipment, 153
 - Snare loops, 153
 - Other devices, 154
- Principles of polyp electrosurgery, 155
 - Coagulating and cutting currents, 156
 - Current density, 157
- Polypectomy, 159
 - Stalked polyps, 159
 - Small polyps—snare, “cold snare,” or “hot biopsy”?, 161
 - Problem polyps, 163
 - Recovery of polypectomy specimens, 169
 - Multiple polyp recovery, 169
 - Malignant polyps, 171
 - Complications, 173
 - Safety, 174
- Other therapeutic procedures, 175
 - Balloon dilation, 175
 - Tube placement, 176
 - Volvulus and intussusception, 176
 - Angiodysplasia and hemangiomas, 177
 - Tumor destruction and palliation, 178
- Further readings, 178
 - General sources, 178
 - Polypectomy techniques, 178
 - Endoscopic aspects of polyps and cancer, 179

8 Resources and Links, 180

- Websites, 180
- Endoscopy books, 180
- Journals with major endoscopy/clinical focus, 180

Epilogue: The Future? Comments from the Senior Authors, 181

- Intelligent endoscopes, 181
- Colonoscopy—boon or bubble?, 181
- Advanced therapeutics, cooperation, and multidisciplinary working, 181
- Quality and teaching, 182

Index, 183

List of Video Clips

Chapter 1

Video 1.1 The endoscopy unit: A virtual tour, 1

Chapter 4

Video 4.1 Endoscopic view of direct vision insertion, 36

Video 4.2 Full insertion and examination, 43

Chapter 6

Video 6.1 History of colonoscopy, 78

Video 6.2 Variable shaft stiffness, 96

Video 6.3 ScopeGuide magnetic imager: The principles, 99

Video 6.4 Embryology of the colon, 99

Video 6.5 Insertion and handling of the colonoscope, 103

Video 6.6 Steering the colonoscope, 110

Video 6.7 Magnetic imager: An easy spiral loop, 113

Video 6.8 Sigmoid loops, 115

Video 6.9 Magnetic imager: Short and long “N”-loops, 116

Video 6.10 Magnetic imager: “Alpha” spiral loops, 118

Video 6.11 Magnetic imager: “Lateral view” spiral loop, 119

Video 6.12 Magnetic imager: Flat “S”-loop in a long sigmoid, 121

Video 6.13 Descending colon, 124

Video 6.14 Splenic flexure, 126

Video 6.15 Transverse colon, 131

Video 6.16 Magnetic imager: Shortening transverse loops, 131

Video 6.17 Magnetic imager: Deep transverse loops, 132

Video 6.18 Magnetic imager: “Gamma” looping of the transverse colon, 133

Video 6.19 Hepatic flexure, 134

Video 6.20 Ileo-cecal valve, 137

Video 6.21 Examination, 142

Video 6.22 Normal appearances, 146

Video 6.23 Abnormal appearances, 146

Video 6.24 Post surgical appearances, 146

Video 6.25 Infective colitis, 148

Video 6.26 Crohn’s Disease, 148

Chapter 7

Video 7.1 Stalked polyps, 161

Video 7.2 Small polyps, 161

Video 7.3 Polypectomy: EMR, 164

Video 7.4 Piecemeal polypectomy, 165

Video 7.5 Endoloop, 169

Video 7.6 Tattoo, 172

Video 7.7 Postpolypectomy bleed with therapy, 174

Video 7.8 APC for angiodysplasia and polyp eradication, 177