

Colonoscopy: basic principles and novel techniques

Yark Hazewinkel and Evellen Dekker

Abstract | Colonoscopy is considered the 'gold standard' for detection and removal of premalignant lesions in the colon. However, studies suggest that colonoscopy is less protective for right-sided than for left-sided colorectal cancer. Optimizing the effectiveness of colonoscopy is a continuous process, and during the past decade several important quality indicators have been defined that can be used to measure the performance of colonoscopy and to identify areas for quality improvement. The quality of bowel preparation can be enhanced by split-dose regimens, which are superior to single-dose regimens. Cecal intubation rates should approximate 95% and can be optimized by good technique. In selected patients, specific devices can be used to facilitate cecal intubation. Adenoma detection rates should be monitored and exceed a minimum of 25% in men and 15% in women. To this aim, optimal withdrawal technique and adequate time for inspection are of utmost importance. Of all advanced imaging techniques, chromoendoscopy is the only technique with proven benefit for adenoma detection. Finally, the technique of polypectomy affects the number of complications as well as the success of completely removing a lesion. In this Review, we provide an overview of both standard and novel colonoscopy techniques and their impact on quality indicators.

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Introduction

Colonoscopy is an endoscopic procedure pioneered in Japan in the late 1950s that allows visualization of the entire mucosa of the large intestine and distal terminal ileum. Furthermore, it enables tissue sampling for histopathology as well as an opportunity for therapeutic procedures such as polypectomy or dilatation of a stenosis. Among other indications, colonoscopy is considered as the 'gold standard' for early detection and removal of colorectal cancer (CRC) and its precursors. However, colonoscopy is not perfect. Accumulating evidence suggests that colonoscopy is not fully protective for right-sided colon cancer. To enhance the diagnostic and therapeutic yield of colonoscopy, definition and measurement of quality parameters are essential to identify areas for improvement. In this Review, we discuss the basic principles and new techniques of colonoscopy and its relation to various important quality parameters.

General aspects Informed consent

Colonoscopy is an invasive procedure with a potential risk of complications, such as perforation or bleeding (Box 1).^{1–7} Every patient should receive verbal and written information about the procedure, the risk of complications and possible alternatives. That the patient understands the

importance of a successful bowel preparation is essential. Patient understanding enhances compliance and improves the quality of bowel preparation, as highlighted by a 2011 study that demonstrated that provision of a simple educational booklet aimed at addressing patients' knowledge of, attitude and belief barriers to bowel preparation markedly improved the quality of the preparation.⁸

Bowel preparation

Inspection of the colon requires a clean colon without any residual stool or liquid that could mask a suspicious area. Inadequate bowel preparation is associated with reduced adenoma detection rates, incomplete colonoscopy and increased costs.^{9–11} The quality of preparation should be assessed during endoscopy and documented in the procedure report. The UK National Health Service (NHS) Bowel Cancer Screening Program (BCSP) Endoscopy Quality Assurance group recommends using the descriptors 'excellent' (no or minimal solid stool and only clear fluid requiring suction), 'adequate' (collections of semi-solid debris that are cleared with washing or suction) and 'inadequate' (solid or semi-solid debris that cannot be cleared effectively) to pragmatically report bowel preparation quality (Table 1).¹² In daily practice, however, these descriptors are also frequently used without standardized definitions. To assess the preparation quality in a validated and standardized format, several bowel preparation scales (such as the Ottawa, Boston and Aronchick scales) are available.^{13–15} Although these scales have been shown to be a reliable tool for assessing the

Department of Gastroenterology and Hepatology, Academic Medical Center, University of Amsterdam, PO Box 22700, Meibergdreef 18, Amsterdam, 1105 AZ, The Netherlands (Y. Hazewinkel, E. Dekker).

Correspondence to: E. Dekker (e.dekker@amc.uva.nl).

Competing interests

E. Dekker declares an association with the following companies: Olympus, Pentax. See the article online for full details of the relationships. Y. Hazewinkel declares no competing interests.

Colonoscopy Principles And Techniques

Michael J. Bourke



Colonoscopy Principles And Techniques:

Colonoscopy Jeffrey B. Raskin, H. Juergen Nord, 1995 **Advanced Colonoscopy** Toyooki Sonoda, 2014-09-20 This book provides surgeons and gastroenterologists with state of the art techniques in terms of advanced colonoscopy Chapters introduce methods of removing polyps that were not previously amenable to colonoscopic snare polypectomy Advanced techniques such as closure of perforations and intestinal stenting are extensively covered The text maintains a strong emphasis on surgical endoscopic technique Extensive discussion on equipment and skill acquisition is also covered As many readers will never have seen these complex procedures before extensive photographs and video clips are provided The authors provide tips tricks and pitfalls that will help the reader incorporate these new techniques into their practice Advanced Colonoscopy Polypectomy and Beyond will be of great value to any surgeon or gastroenterologist currently performing colonoscopy and interested in advanced techniques Colonoscopy Jerome D. Wayne, Douglas K. Rex, Christopher B. Williams, 2011-09-23 First Edition Winner of 2004 BMA Medical Book Competition in Gastroenterology The second edition of this prize winning book is written by some of the world's foremost experts in the field of colonoscopy and colonic imaging Every chapter has been updated and 5 new chapters have been added to include the latest information and advances in the field of colonoscopy Capsule Colonoscopy Narrow Band Imaging Confocal Endomicroscopy Endoscopic Submucosal Dissection in the Colon New Colonoscopes and Assist Devices Drawing on the vast experience of the authors it covers every area of medicine that impacts on colonoscopy including virtual colonography pathology techniques for pediatric and adult procedures and legal aspects concerning colonoscopy The book is focused on patient care and provides explanations on how to perform the procedure effectively and make the best outcome for your patients It serves as a detailed manual of procedures extensively illustrated with diagrams and photographs The book includes a companion website with supplementary material a lecture on the history of colonoscopy interviews with famous gastroenterologists demonstrations of techniques and typical and unusual cases This is an invaluable compendium on all aspects of colonoscopy suitable for use by every grade of practitioner world wide and an essential reference book for all establishments with an endoscopy facility Please note This product no longer comes with a DVD The DVD content is now available online at wiley.mpstechnologies.com **Pfenninger and Fowler's Procedures for Primary Care E-Book** Grant C. Fowler, 2019-03-24 Primary care clinicians are performing more varied procedures than ever before and physicians residents and students need a comprehensive authoritative resource that provides trusted information in an easy to follow format Through three outstanding editions Pfenninger and Fowler's Procedures for Primary Care has been the go to reference for step by step strategies for nearly every medical procedure that can be performed in an office hospital or emergency care facility by primary care providers This 4th Edition continues that tradition with new section editors updated illustrations new chapters and much more No other primary care procedure book compares with Pfenninger and Fowler's breadth and depth

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Pfenninger and Fowler's Procedures for Primary Care E-Book John L. Pfenninger, Grant C. Fowler, 2010-09-23

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Practical Colonoscopy Jerome D. Wayne, James Aisenberg, Peter H. Rubin, 2013-04-02 Practical

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Way's Colonoscopy Michael J. Bourke, 2026-04-30 Early Diagnosis and Treatment of Cancer Series: Colorectal Cancer E-Book Susan Gearhart, Nita Ahuja, 2010-07-15 Each volume in the Early Detection and Treatment of Cancer Series is packed with practical authoritative information designed to cover the full range of diagnostic procedures including pathologic radiologic bronchoscopic and surgical aspects You ll be able to determine the safest shortest least invasive way to reach an accurate diagnosis stage the disease and choose the best initial treatment for early stages Based on current evidence in the literature authors provide clinical hands on tools to help you make informed decisions on precisely what tests and imaging studies are needed to diagnose and stage each type of cancer Practical authoritative and highly illustrated this volume in the brand new Early Detection and Treatment of Cancer series covers current protocols and the latest advances in diagnostic imaging and molecular and serologic markers for colon cancer Apply expert advice on the best next step plan for different presentations and tips for less invasive protocols Get clinical hands on tools to help you make informed decisions on precisely what tests and imaging studies are needed for accurate diagnosis and staging Clear figures tables and boxes illustrate step by step care of the full range of problems encountered The small size and convenient format make this an ideal purchase for

diagnostic reference Outlines the steps after diagnosis to guide you through formulating a treatment or patient care plan Emphasizes important points such as risk adjusted screening for staging and the use of promising new gene therapies with key points boxes at the beginning of each chapter and pedagogic features throughout Summarizes the process of accurately diagnosing and staging cancer in a logical almost algorithmic approach for easy reference Complements the procedures outlined in the text with full color photographs and line drawings to reinforce your understanding of the material

Grainger & Allison's Diagnostic Radiology Ronald G. Grainger, David J. Allison, 1997

Gordon and Nivatvongs'

Principles and Practice of Surgery for the Colon, Rectum, and Anus David E. Beck, Steven D. Wexner, Janice F.

Rafferty, 2018-12-12 The most comprehensive and authoritative reference available today on colorectal surgery This revised fourth edition of Gordon and Nivatvongs Principles and Practice of Surgery for the Colon Rectum and Anus edited by David Beck Steven Wexner and Janice Rafferty strikes a perfect balance between evidence based medicine in depth details and clinical pearls The result is a highly engaging and authoritative tome in the grand tradition of Philip Gordon and Santhat Nivatvongs Building on the widely acclaimed previous editions reputation for superb quality and reader friendliness the fourth edition includes contributions from an expanded cadre of internationally known experts Significant advances have been made in this field since the third edition was published The latest diagnostic modalities are highlighted such as MRI CT angiography and enterography The first section covers essentials such as anatomy physiology diagnosis colonoscopy and patient management Sections two through four discuss a full spectrum of anorectal diseases colorectal disorders trauma unexpected challenges and complications Among the additions are expanded sections on transanal total mesorectal excision genetics personalized medicine wait and watch principles outpatient management of anorectal surgery and large bowel obstruction Key Highlights Thirty seven chapters cover a wide array of gastrointestinal disorders such as fecal incontinence ulcerative colitis Crohn s disease diverticulitis carcinomas and other malignant lesions A multidisciplinary team approach to rectal cancer encompasses rectal cancer protocol MRI synoptic reporting and various neoadjuvant therapy protocols The use of cutting edge approaches including laparoscopy robotics hyperbaric oxygen and radiofrequency tissue remodeling Superb full color plates illustrations photographs diagrams detailed tables graphics and surgical videos elucidate underlying disease and management As the most comprehensive resource on colorectal surgery available on the market today this is a must have for every colon and rectal surgeon from residents to veteran practitioners

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