

# Technical tips for colonoscope insertion

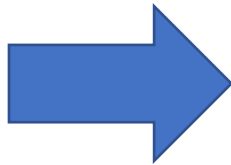
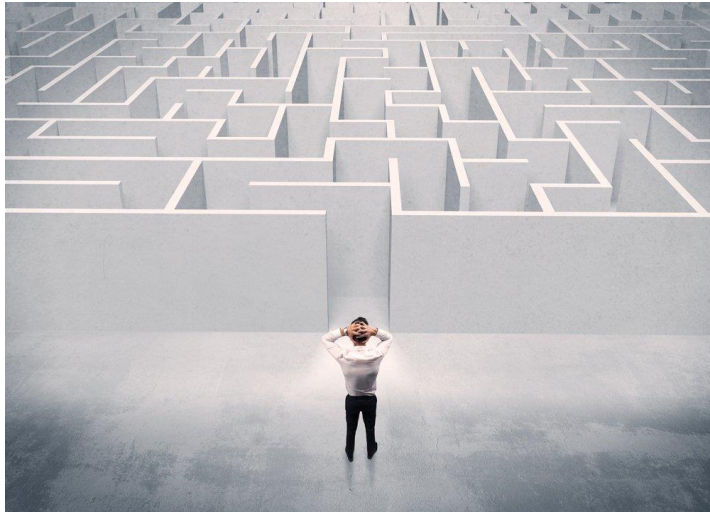
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2022

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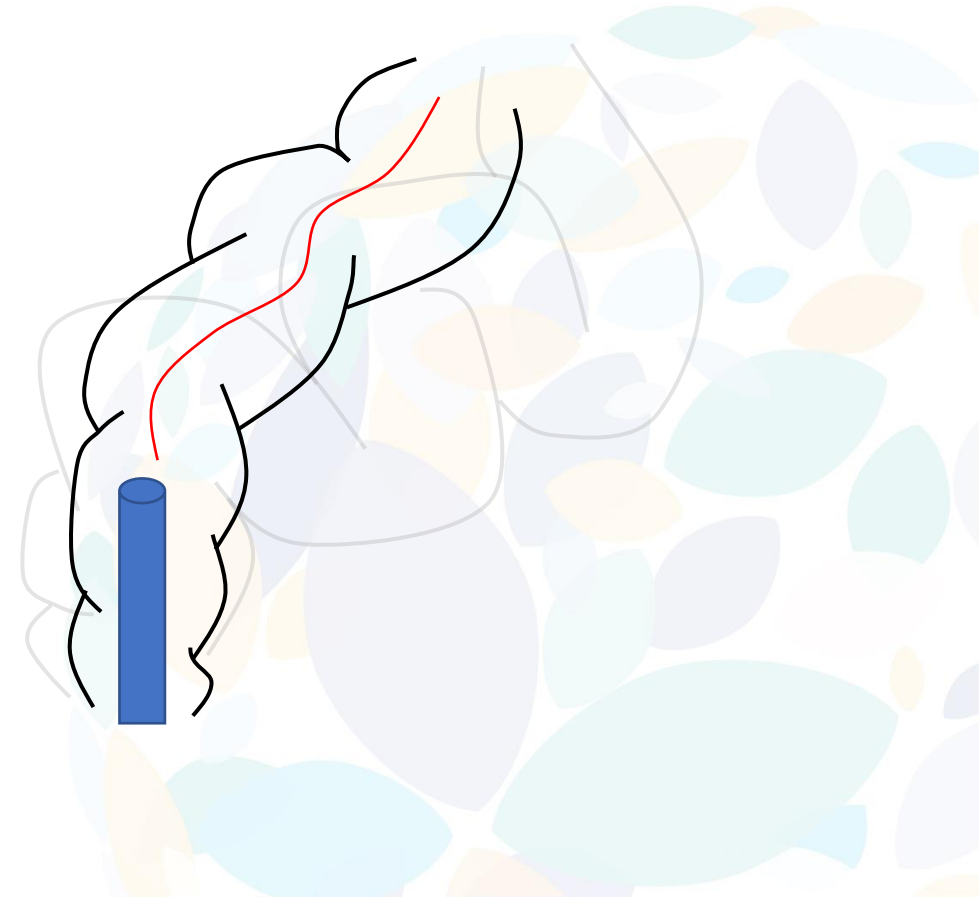
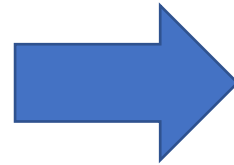
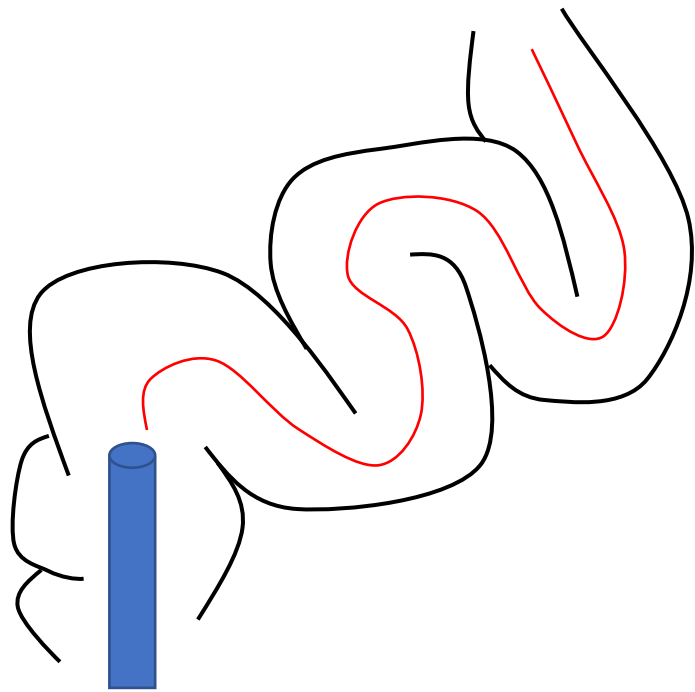
# How to insert the endoscope safely and accurately?



**Safety** is more important than speed

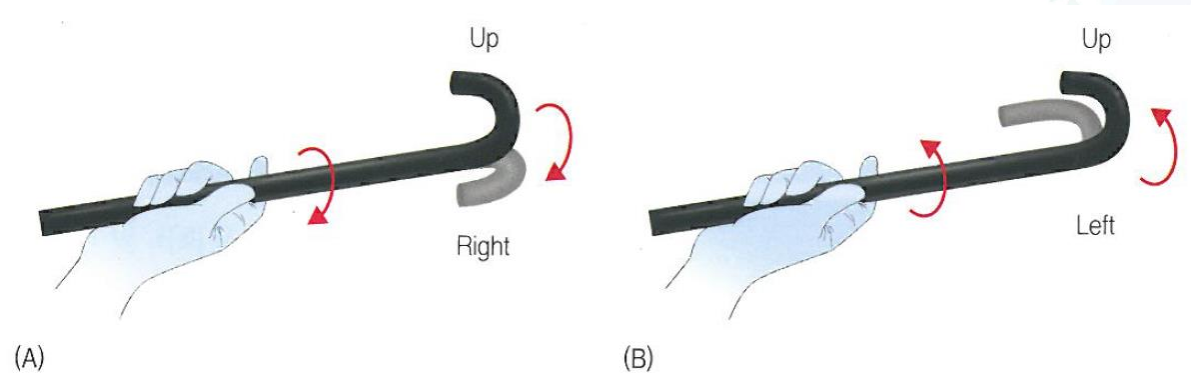
# Air inflation and deflation

- **Avoid** overinflation of colon
- Increase difficulty, pain, and the risk of complication



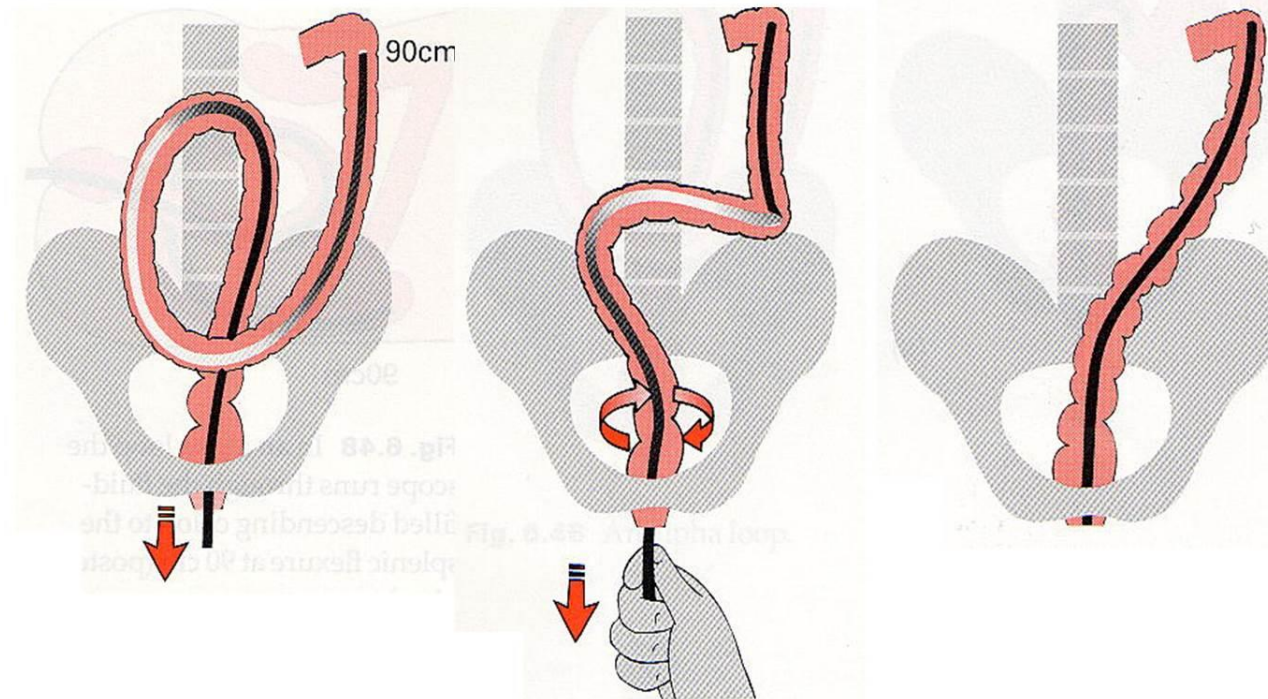
# Torque and shortening

- The **most important** technique in colonoscope insertion
- Torque
  - **Maintaining** tension of the scope, not simple rotation
  - Upward deflection + right or left rotation of the scope



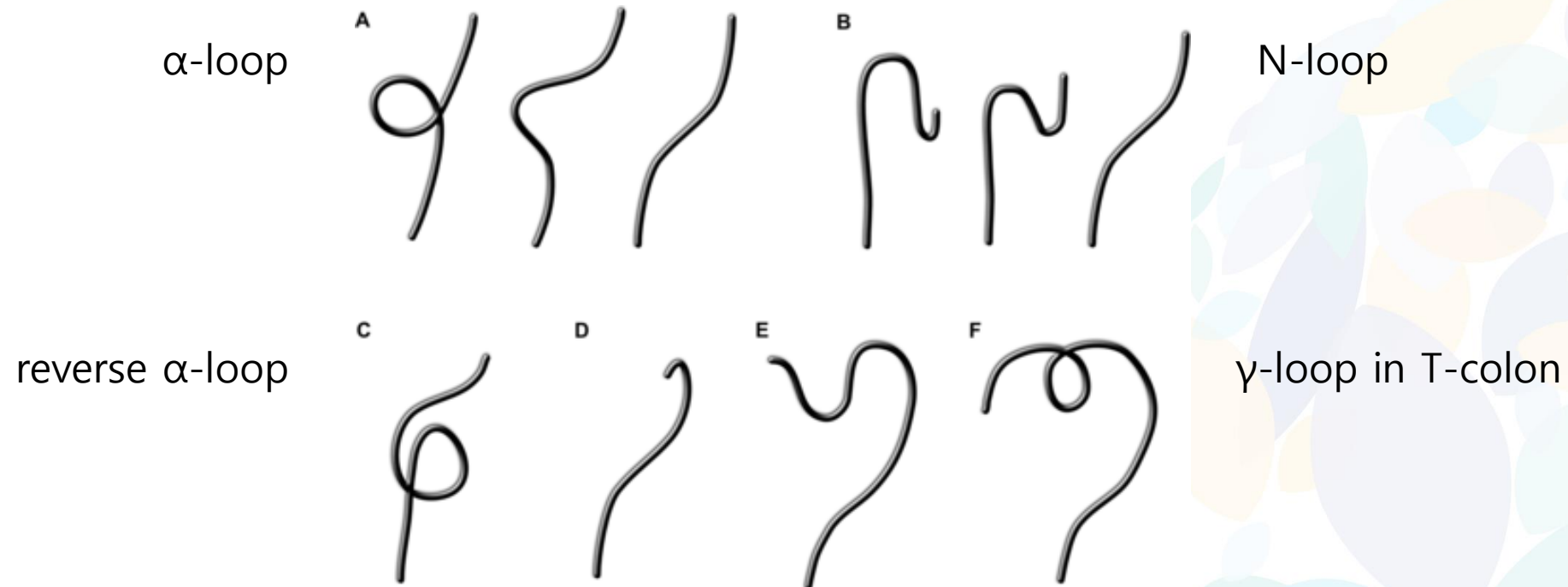
# Torque and shortening

- The **most important** technique in colonoscopy insertion
- Shortening
  - Withdrawal of the scope with maintaining of proper tension



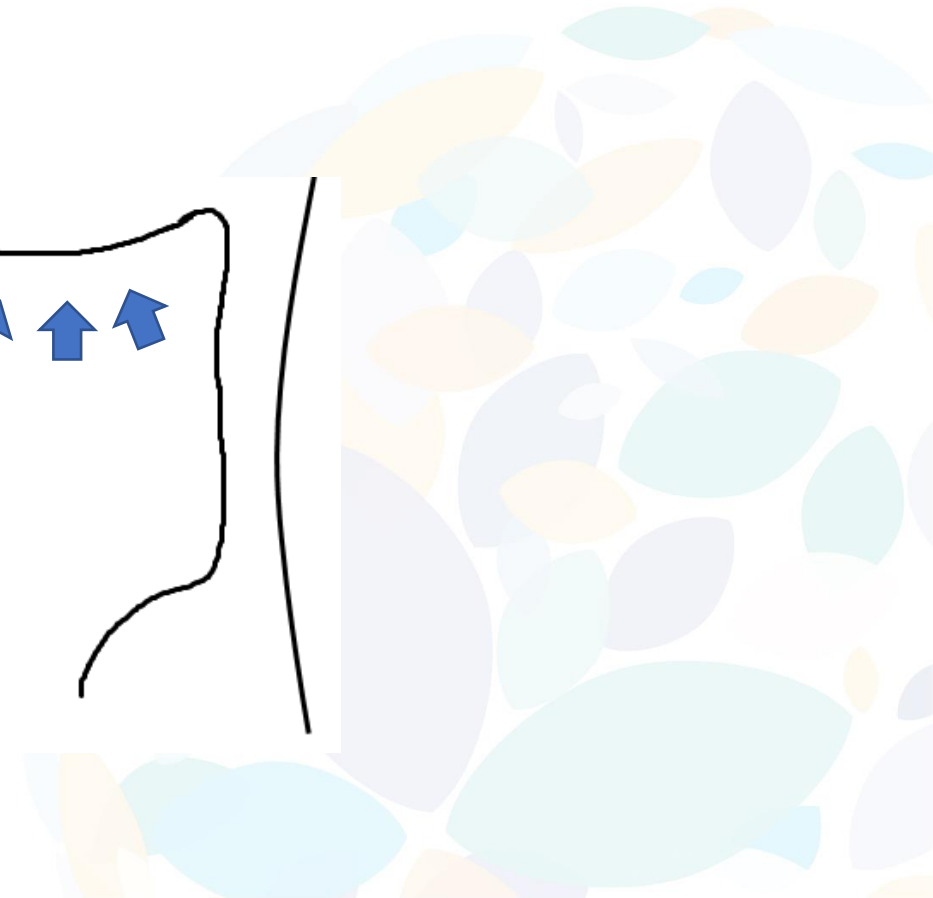
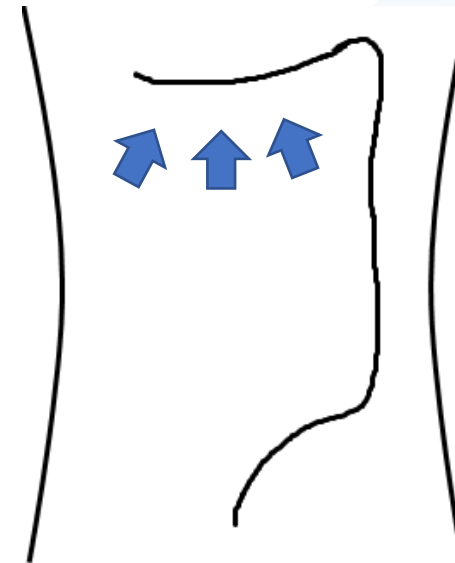
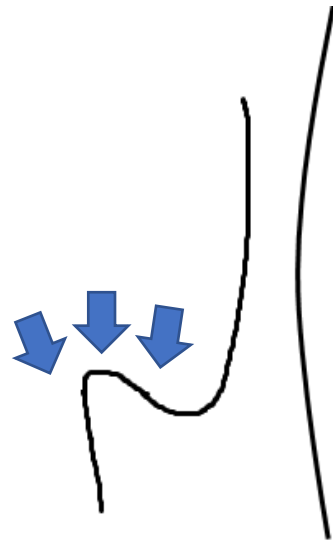
# Torque and shortening

- N-loop /  $\alpha$ -loop : Shortening with right torque
- Reverse  $\alpha$ -loop : Shortening with left torque
- **Withdrawal with right torque**, if not sure : a 66% chance



# Compression of abdomen

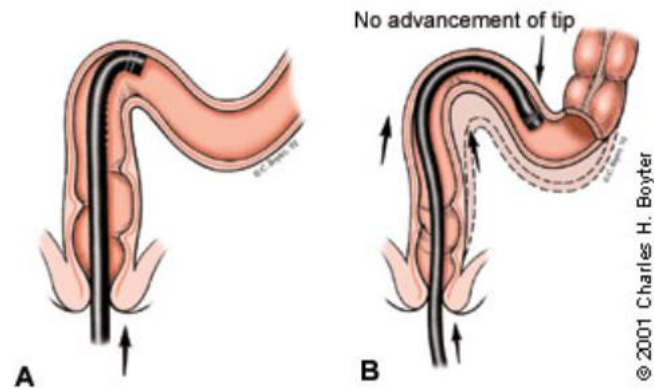
- **Appropriate direction** of compression according to the location of the loop
- Not requiring too much force.



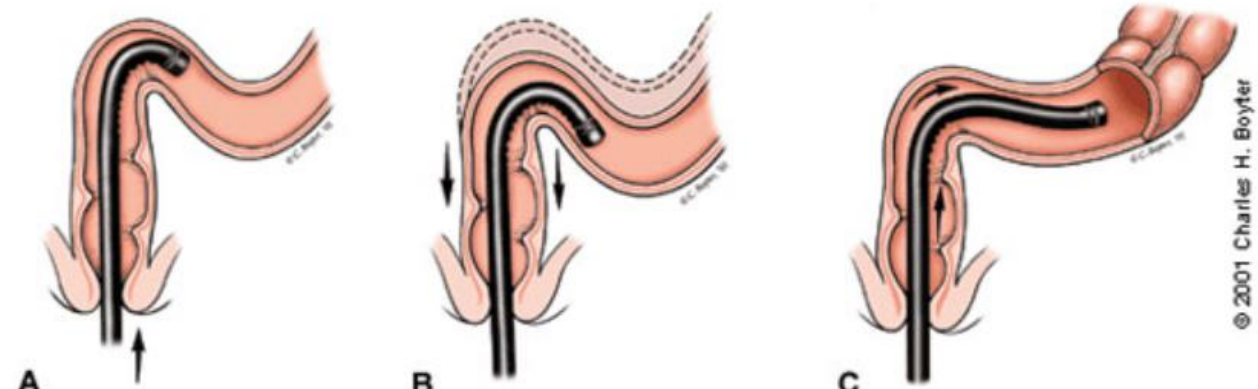
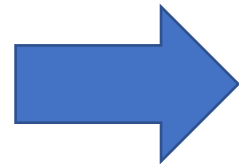


# RS junction

- **Key point** of colonoscopy insertion
- Avoid insertion by pushing, if possible



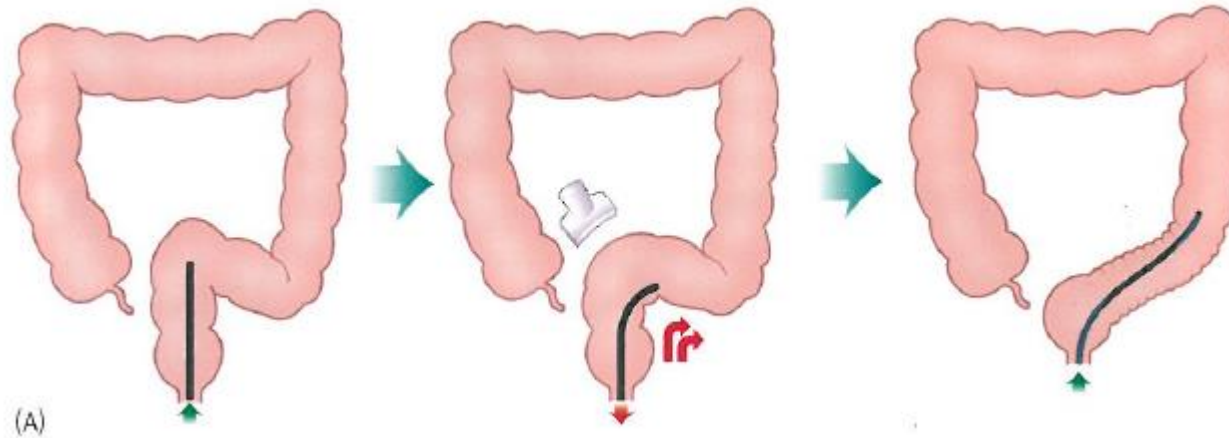
Paradoxical movement



Shortening with hooking

# Sigmoid colon

- Insertion with right torque
- Withdrawal, shortening, adequate suction of the air



Prevention  
of the loop

> >

Addressing  
the loop

More **important** and **easier**

## Key message

- Don't be afraid to go backwards.
- Don't repeat the same method.
- Key point of insertion : first 1 – 2 minutes
- Most of the patient's pain is caused by the operator.
- If nothing works, start over.
- If nothing works, give up.

