Who can do my mom’s screening colonoscopy?
How do we achieve this?

• Clean colon
• See the whole colon
• Look carefully
• Find lesions and polyps
• No harm
Key performance indicators

• Bowel preparation
  • Cleansing score
• Caecal intubation rate (CIR)
  • Landmarks
• Colonoscopy withdrawal time
  • Time taken to remove colonoscope once the caecum/terminal ileum reached
• Adenoma Detection Rate
  colonoscopies with one adenoma
  total number of colonoscopies
• Rectal retroflexion
Bowel preparation

• 5 validated bowel preparation scales
  • Boston Bowel Cleansing Scales (most validated)
  • Harefield Cleansing Scale

• BCSP 4 point scale:
  • excellent
  • adequate
  • complete despite poor preparation
  • failed due to poor preparation
Caecal intubation

• Visualisation of the caecal landmarks
  • Ileocaecal valve
  • Appendiceal orifice/tri-radiate fold
  • Terminal ileal intubation

• NOT
  • Finger indentation of RIF
  • Transillumination in RIF
Withdrawal technique

• Looking behind folds
• Cleaning all pools of fluid
• Good bowel distension
Just document the basics/Audit your own practice

• Clean colon
  • Split preparation
  • BCSP 4 point score

• See the whole colon
  • Landmarks and take a photo
  • CIR (unadjusted)

• Look carefully
  • Withdrawal time and technique

• Find the polyps
  • PDR and then audit the histology for ADR

• Remove the polyps