

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
 - $$\frac{\text{colonoscopies with one adenoma}}{\text{total number of colonoscopies}}$$
- 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