

# Explaining Scope Procedures

	Bronchoscopy (+/-biopsy)	Gastroscopy (+/-biopsy)	Colonoscopy (+/-biopsy)	Flexible sigmoidoscopy (+/-biopsy)	Cystoscopy (rigid or flexible) (+/-biopsy)
<b>Explain what is it</b>					
<b>Reason</b>					
<b>Procedure preparation</b>	<p><u>Oral intake</u> 4h before – clear fluids only 2h before – NBM</p> <p><u>Also</u> Clotting test Stop aspirin/ warfarin 1w pre-procedure</p>	<p><u>Oral intake</u> 8h before – clear fluids only 4h before - NBM</p> <p><u>Also</u> Stop antacids 2w pre-procedure</p>	<p><u>Oral intake</u> 3d before – no bran/roughage 1d before – clear fluids only 4h before – NBM</p> <p><u>Also</u> Sodium picosulfate sachet for morning and afternoon of the day before</p>	<p><u>Oral intake</u> 2h before – clear fluids only</p> <p><u>Also</u> 2 phosphate enemas 2h before (can be self-administered at home)</p>	<p><u>Oral intake</u> 8h before – clear fluids only 2h before – NBM</p> <p><u>Also</u> Normal pre-op assessment</p>
<b>During procedure</b>	<p>Midazolam sedative (→amnesia) Lignocaine gel for airways</p>	<p>Midazolam sedative (→amnesia) Lidocaine spray Continuous suction Air passed through scope (→fullness, belching)</p>	<p>PR first Midazolam sedative (→amnesia) Air passed through scope (→bloating, you may feel like you need to go to toilet)</p>	<p>PR first No sedation required</p>	<p>May have sedative or anaesthesia Anaesthetic jelly Water passed through</p>
<b>After procedure</b>	<p>No eating/drinking 2h after as throat still numb. No driving, alcohol, operating machinery, keep someone with you for 24 hours Arrange follow up</p>	<p>No driving, alcohol, operating machinery, keep someone with you for 24 hours Arrange follow up</p>	<p>No driving, alcohol, operating machinery, keep someone with you for 24 hours Arrange follow up</p>	-	<p>No driving, alcohol, operating machinery, keep someone with you for 24 hours</p>
<b>Risks (&gt;1%) &amp; benefits</b>	<p>Saw nose/ throat Infection Haemoptysis next day or so if biopsied Lung damage/ collapse</p>	<p>Perforation (&lt;0.1%) Bleeding Infection  Cardio-respiratory arrest in elderly (&lt;0.1%) Infection (chest/ pneumonia) Transient saw throat</p>	<p>Perforation (0.1%) Bleeding due to structural damage Infection  Haemorrhage after biopsy Abdominal discomfort Incomplete exam</p>		<p>Bleeding due to structural damage Infection Mild burning on urinating for up to 24h after Haematuria after biopsy</p>