

Endoscopy

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What is Endoscopy?

Endoscopy is an investigation performed using a long flexible tube about the thickness of your little finger to visually examine the inner lining of the intestine. It is used not only to diagnose various intestinal problems but also to perform biopsies and remove intestinal polyps and other more complicated therapies.

Due to the high mortality associated with stomach and colon cancer and the high effectiveness and low risks associated with endoscopy, it is now also becoming a routine screening test. Endoscopy provides a visual diagnosis (e.g. ulceration, polyps) and grants the opportunity for biopsy or removal of suspected lesions such as cancer. These procedures are usually done on an outpatient basis under sedation with minimal inconvenience and discomfort. In experienced hands, morbidity is low.

Oesophagogastroduodenoscopy (OGD) is an endoscopic procedure that visualises the upper part of the gastrointestinal tract (esophagus, stomach and the duodenum). It is considered a minimally invasive procedure.

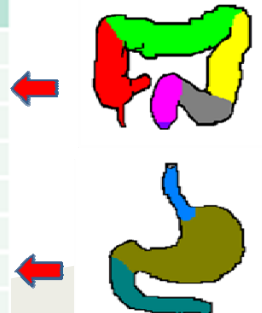
Top 10 cancers affecting men

| Site | Ranking |
|---------------------------|---------|
| Colo-rectum | 1 |
| Lung | 2 |
| Prostate | 3 |
| Liver | 4 |
| Stomach | 5 |
| Nasopharynx | 6 |
| Skin (including melanoma) | 7 |
| Lymphoma | 8 |
| Bladder | 9 |
| Leukaemia | 10 |



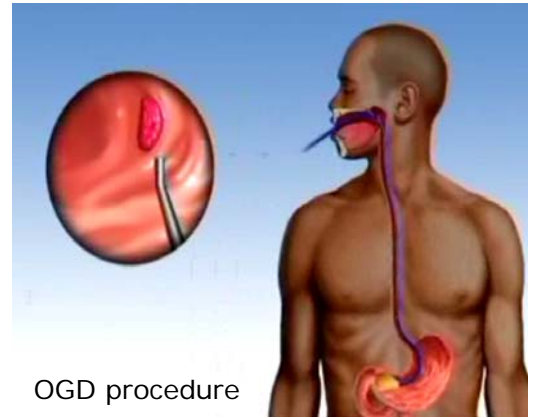
Top 10 cancers affecting women

| Site | Ranking |
|---------------------------|---------|
| Breast | 1 |
| Colo-rectum | 2 |
| Lung | 3 |
| Ovary | 4 |
| Corpus Uteri | 5 |
| Cervix Uteri | 6 |
| Stomach | 7 |
| Skin (including melanoma) | 8 |
| Thyroid | 9 |
| Lymphoma | 10 |

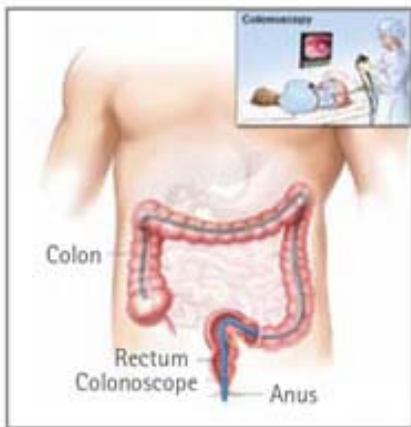


It is usually done with light sedation with little discomfort to the patient. Complications from OGD are rare.

Colonoscopy is the endoscopic examination of the large colon and the distal part of the small bowel with a flexible tube passed through the anus. Colonoscopy can remove small polyps which are sent for histology. Indications for colonoscopy include gastrointestinal hemorrhage, unexplained changes in bowel habit or suspicion of malignancy.



OGD procedure



Colonoscopy procedure

Why is there a need for an endoscopic examination?

Some of the possible symptoms and indications that may require a colonoscopy to be performed are:

- Intestinal bleeding
- Anaemia for investigation
- Change in bowel (constipation or diarrhea) or eating (difficulty swallowing or early satiety) habits
- Unexplained abdominal symptoms
- Patients who test positive for blood in the stools
- Verifying or to remove biopsy polyps located by barium enema examination
- Personal history of colonic/ stomach polyps or cancer
- Family history of colonic/ stomach polyps or cancer

The Procedure

An empty stomach (for OGD) and a clean colon (for colonoscopy) is essential for accuracy and safety of the procedures. The entire procedure usually takes about 10-30mins. This procedure is usually well tolerated and rarely causes much pain. A mild sedation may be given. Most patients can resume their normal diet immediately after the procedure.



After The Procedure

You will be able to return home and to drive immediately following endoscopy if no sedation was given to you. If sedation was given, you will have to be accompanied home.



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