

Overcoming a severely angulated sigmoid colon using a clear cap: the no-air, no-water technique

Overcoming a severely angulated sigmoid colon has always been a challenge when working toward controlling pain during colonoscope insertion. At present, water-aided colonoscopy is one of the most preferred methods to achieve this goal [1]. In this study, I explored an alternative method. The method consists of maintaining the axis by rotating the colonoscope clockwise or counterclockwise every time it passes through the folds of the sigmoid colon. When using this technique, one should use a clear cap to dig out the folds; moreover, air or water should not be used to inflate the large intestine (▶ **Video 1**). This technique allows the endoscopist to overcome the problems in navigating a severely angulated sigmoid colon with simple scope movements.

Endoscopy_UCTN_Code_TTT_1AQ_2AB

Competing interests

The authors declare that they have no conflict of interest.

The author

Jihwan Ko

Health Promotion Center, Baekyang Jeil Internal Medicine Clinic, Busan, Korea

Corresponding author

Jihwan Ko, MD

Health Promotion Center, Baekyang Jeil Internal Medicine Clinic, 108-1, Dongpyeong-ro, Busanjin-gu, Busan, Republic of Korea
 Fax: +82-51-897-1134
 jihwanko65@gmail.com



▶ **Video 1** Overcoming a severely angulated sigmoid colon using a clear cap: the no-air, no-water technique.

Reference

- [1] Hayman CV, Vyas D. Screening colonoscopy: the present and the future. *World J Gastroenterol* 2021; 27: 233–239

Bibliography

Endoscopy 2022; 54: E568

DOI 10.1055/a-1694-3677

ISSN 0013-726X

published online 15.12.2021

© 2021. Thieme. All rights reserved.

Georg Thieme Verlag KG, Rüdigerstraße 14, 70469 Stuttgart, Germany

ENDOSCOPY E-VIDEOS

<https://eref.thieme.de/e-videos>



Endoscopy E-Videos is an open access online section, reporting on interesting cases and new techniques in gastroenterological endoscopy. All papers include a high quality video and all contributions are freely accessible online. Processing charges apply (currently EUR 375), discounts and waivers acc. to HINARI are available.

This section has its own submission website at <https://mc.manuscriptcentral.com/e-videos>