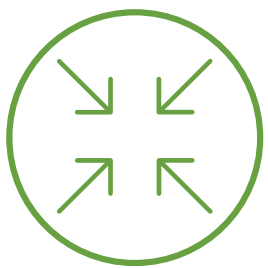


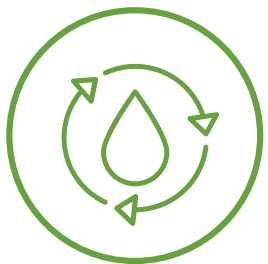
ESGE & ESGENA's Top Tips for Green Endoscopy

Practice the “5 Rs” to be more environmentally friendly:



REDUCE

- **unnecessary endoscopic procedures** - only when indicated (≈ 28 kg CO₂e per procedure).
- **unnecessary biopsies** - only when indicated (300 g CO₂e per biopsy jar).
- **overall waste production and misclassification.** Training endoscopy staff on waste management may reduce the carbon footprint caused by waste by up to 32%.



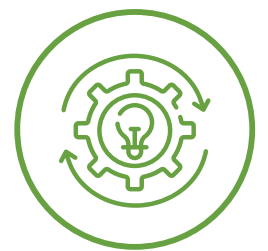
REUSE

- **endoscopic accessories** within procedures (e.g., one polypectomy snare for all small polyps).
- **endoscopic accessories between procedures**, when combining upper GI endoscopy followed by colonoscopy within the same patient (e.g., biopsy forceps or polypectomy snares).
- **gowns** (66% reduction of CO₂e compared to single-use gowns) and other PPE elements such as scrubs and hats.
- **drinking cups** and **water bottles** to avoid excessive plastic waste.



RECYCLE

- **by ensuring there are recycling bins in your endoscopy unit.** Segregate individual recyclable components (plastic, paper, cardboard, glass, and metals).



RETHINK

- **your team's environmental impact by educating and raising awareness.**
Going to work on foot or using public transportation can reduce your professional carbon footprint by up to 45%.



RESEARCH

- and collaboration are urgently needed - become an “**eco-endoscopist**”!

European Society of
Gastrointestinal Endoscopy



European Society of Gastroenterology and
Endoscopy Nurses and Associates



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Green Endoscopy Position Statement

