



ENDOSCOPIC ENVIRONMENT: HOW TO MINIMIZE YOUR IMPACT

The following information was devised by The Eco-Responsibility and Sustainability Development Committee from the French Society for Digestive Endoscopy (SFED). The European Society for Gastrointestinal Endoscopy (ESGE) are grateful for the opportunity to bring these important resources to a wider audience.

KEY FIGURES

- One day of hospitalization = 45 kg CO₂¹
- One night in intensive care = 118 kg CO₂¹
- Unnecessary prevention only has a negative impact

LET'S RETHINK PERI-OPERATIVE CARE TOGETHER! I CAN REDUCE MY IMPACT BY...

Increasing outpatient procedures	• 45 kg CO₂ avoided per day¹ • Avoiding, decreasing or eliminating unnecessary overnight hospitalization, results in: • Less waste (plastic)	• Less treatment (IV lines, blood tests) • Less resource use (staff, heating)
Reducing the impact of anesthesia	• Endoscopy without anesthesia <<< endoscopy under general anesthesia² • Reduce intubations	• Favor intravenous anesthesia over inhaled medical gases (Sevoflurane +++, nitrous oxide)³
Reducing low-value preventive measures	• Antibiotic prophylaxis is not justified for all endoscopic procedures⁴	• Systematic closure of all resections is not useful to prevent bleeding^{5,6}
Digitalizing patient care	• Teleconsultation instead of travel⁷ • Digital reports	• Email-based scheduling
Protecting yourself too! A sustainable endoscopist is essential for sustainable endoscopy	• Prevent musculoskeletal disorders through ergonomic recommendations⁸ • Regular physical activity and core strengthening exercises • Reduce plastic packaging and pesticide exposure	

References :

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