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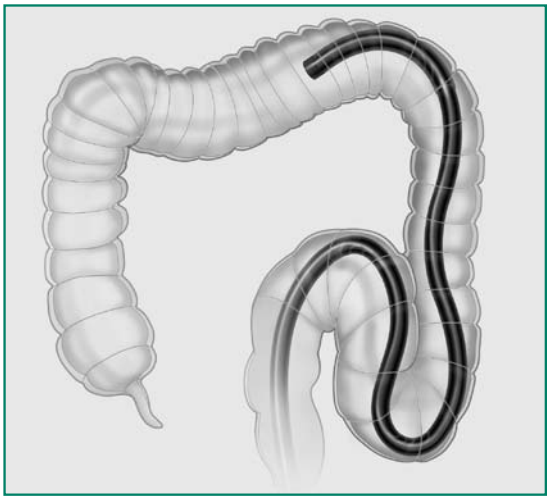
# New Olympus Ultra-Slim Colonoscope

*The EVIS EXERA III System's PCF-PH190L/I: A "Comfort Scope" For Both Routine And Difficult Cases*

The PCF-PH190L/I is among the new endoscopes Olympus has recently introduced as part of the EVIS EXERA III System. Often referred to as the "ultra-slim" colonoscope, it is designed for smoother insertion, increased patient comfort and reduced procedure time, offering a number of advantages over standard colonoscopes.



*Olympus Ultra-Slim Colonoscope*

**Not Only a "Rescue Scope" But a "Great Routine Scope"**

One well-known user of the new "skinny scope," as he calls it, is Jerome D. Waye, MD., past president of both the American Society for Gastrointestinal Endoscopy and the American College of Gastroenterology. Dr. Waye has been using the PCF-PH190L/I for several years in prototype form. After about 2000 cases with this 9.5 mm outer diameter scope, he states: "I believe that this colonoscope is ideal as a rescue scope, but I also use it on any patient that comes through needing a colonoscopy. At first I thought I would use it only if I could not get through a difficult colon with a standard colonoscope or even with a pediatric colonoscope. However, I've found the skinny scope is also quite effective for everyday use."

Dr. Waye, who is clinical professor of medicine at the Mount Sinai Medical Center and director of endoscopic education at Mount Sinai Hospital, as well as editor of 14 books, including *Colonoscopy: Principles and Practice* (Blackwell Publishing, now in its second edition, 2009), goes on to explain: "This instrument is more slender than a standard workhorse scope. It has a nice tip deflection capability, and I've found I can use it quite readily in difficult situations. But I've used it in multiple other routine situations, and it works well."

Dr. Ronald L. Richardson, a board-certified gastroenterologist who practices at University Surgical Associates PSC in Louisville, KY, comments: "I have used various Olympus prototype models for about five years and have done about 2500 procedures with them. Initially we were using the ultra-slim scope just as a rescue scope and in select patients who had prior difficulties with other scopes, or who had strictures or preferred less sedation. But then later I started using it on every case for periods of time, and frankly, I think the ultra-slim is a great routine scope. I tend to do all my procedures with conscious sedation and have found this colonoscope is much more suitable for light sedation procedures."

The ultra-slim scope from Olympus was designed specifically for use with patients who have had previous pelvic or abdominal surgery, including altered anatomy; patients with strictures; thin or small patients; or those who have had a previous incomplete colonoscopy, diverticular disease or specific inflammatory conditions. Now, the PCF-PH190L/I can be viewed as a routine scope as well.

**When An Exam Becomes Difficult**

"Previously, when we would have a difficult exam we would often go to a gastroscope, but the limitation of that scope was that it was too short on some occasions, and it was fairly stiff," reports Dr. Richardson. "The advantage of the ultra-thin scope is its Passive Bending section. It has an extra bendable segment behind the active bending section, which gives it more flexibility and tends to go around the curvatures with less of a 'stick' effect. In my opinion, it causes less patient discomfort. In the most difficult area, the sigmoid colon, with its sharp edges and angles, you can traverse more easily with the extra flexible segment. Generally we use about half the sedation with the Olympus ultra-slim colonoscope as compared to other scopes, and most patients end up watching the procedure."

Dr. Richardson elaborates: "Because the Olympus ultra-slim scope is very flexible, it may tend to loop. That is not a negative, in my view. I think we always get looping. People underestimate the loops we encounter, particularly in the sigmoid and going across the colon. I think that loops are more easily reduced with this scope, because that is one of its special features. Traditionally I will do about three loop reduction maneuvers during an exam. I will do a clockwise torque procedure, and I can feel the loop reduce, and it takes the tension off, which makes the scope more easily passed. Theoretically, the less stretching you are doing with the loop, the less potential complications you will have, at least from a mechanical perspective."

Dr. Waye, who travels the world to introduce the latest methods and techniques of colonoscopy and complex polypectomy, also reports that the Olympus PCF-PH190L/I stands up well to torque: "Although it is very skinny, it has good torque responsiveness, so that for example when you twist it to the right, the tip will go to the right. The scope is quite floppy, like wet spaghetti. It curls up as you go, and I find that you have to use a slightly different technique than with a standard scope."

**A Slightly Different Technique**

Going into detail to describe this technique, Dr. Waye explains: "I have to pull it back often to get the loops out of the instrument, but that's probably the only difference in handling between the skinny scope and a standard scope. Because it's so flexible, I can push it, and it will go around bends in the colon just by pushing alone. Even when a big loop has formed, I find that it doesn't cause a lot of patient pain. I can continue to push even though a loop is forming, and it will advance through the next section, but I will then have to pull it back to straighten it again. It's important to pull back often, so that the scope can be straightened and move on."

Consult the instructions for use for detailed information from the manufacturer.

**Characteristics of the Ultra-Slim PCF-PH190L/I**

- 9.5mm outer diameter, 3.2mm instrument channel (vs. 12.8mm outer diameter on the Olympus standard adult colonoscope).
- Extremely flexible, which may allow pushing through loops without increasing patient discomfort.
- Includes High Force Transmission (HFT), which enables a one-to-one transfer of pushing and rotating forces to the distal end of the colonoscope, improving ergonomics and scope responsiveness.
- Includes Passive Bending (PB), which allows for smooth passage through acute flexures by allowing the distal tip of the scope to deflect and conform to the natural anatomy.

Like all the Olympus EVIS EXERA III System colonoscopes, and even with its ultra-slim diameter, the PCF-PH190L/I offers HDTV image quality that greatly assists close mucosal observation. NBI provides twice the viewable distance of EVIS EXERA II 180 Series scopes and is significantly brighter. The PCF-PH190L/I can be used with ScopeGuide, which provides a real-time, three-dimensional image of the shape and configuration of the colonoscope during a procedure, via a probe inserted in the instrument channel. Although the PCF-PH190L/I has no forward water jet functionality, a syringe can be used for flushing, or alternatively the Olympus flushing pump adaptor and tubing that were developed specifically for scopes that do not have this functionality.

For more information about Olympus endoscopy solutions, please call customer service at 1 800-848-9024; or visit the website at www.olympusamerica.com/EEIII.