

**Table 1.** Waste at the Endoscopy Unit: A Summary of Sources and Solutions.

Problem/Source of Waste	Description	Solutions/Reduction Strategies
<b><i>Excessive-Single Use Items and Failure to Recycle</i></b>	Overuse of disposable materials such as gowns and caps. Irresponsible discarding of recyclable waste	Explore reusability of items e.g., endoscopes Train staff on judicious use of disposables and recycling Make recycling bins available
<b><i>Energy Inefficient Equipment</i></b>	Use of outdated or non-energy-efficient endoscopy equipment	Upgrade to energy-efficient equipment Implement power-saving settings when not in use e.g., energy-efficient lighting
<b><i>Improper/wasteful Sterilisation Practices</i></b>	Inadequate sterilisation can lead to equipment damage or need for more disposables. Beware excessive waste of water	Follow manufacturer's sterilisation guidelines Use sterile water judiciously
<b><i>Excessive Paper Documentation</i></b>	Reliance on paper-based record-keeping for patient data and procedures	Transition to electronic health records Encourage digital patient instructional videos and consent forms
<b><i>Unnecessary Endoscopy</i></b>	Performing unnecessary endoscopy generates unnecessary waste, as outlined above	Following CPGs to perform endoscopy only when indicated Use of non-invasive tests as an alternative to endoscopy where appropriate