

The effectiveness of clinical hypnosis in the digestive endoscopy....

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FULL TITLE: The effectiveness of clinical hypnosis in the digestive endoscopy: a multiple case report.

The aim of this study is to evaluate the efficacy and viability of hypnosis before and during a gastrointestinal endoscopy. Six Gastroscopies and 22 colonoscopies were carried out under hypnosis in a group of patients. The patients ranged in age from 20 and 67 years and have a history of previously incomplete and poorly tolerated examinations or expressed an active demand for sedation. For 6 of the patients who underwent a gastroscopy under hypnosis, the procedure was successfully completed, reaching the second part of the duodenum without difficulty for the endoscopist. Colonoscopy of the cecum was completed in 19 of 20 patients. All patients, except 1, considered their tolerance level as "good." Hypnosis facilitated an adequate endoscopy intervention without any discomfort in 85% of the cases examined. Avoidance of anaesthesia reduces risk to the patient. Hence, hypnosis for gastrointestinal endoscopy appears to provide a promising strategy.

Am J Clin Hypn. 2010 Oct;53(2):101-7. Domínguez-Ortega L, Rodríguez-Muñoz S. Internal Medicine Department, Sleep and Hypnosis Unit, Hospital 12 de Octubre.
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