

# Diagnostic Reference Levels for Fluoroscopy-guided Gastrointestinal Procedures in Japan from the REX-GI Study: A Nationwide Multicentre Prospective Observational Study

Shiro Hayashi,<sup>a,b</sup> Mamoru Takenaka,<sup>c</sup> Makoto Hosono,<sup>d</sup> Hirofumi Kogure,<sup>e</sup> Kenkei Hasatani,<sup>f</sup> Takahiro Suda,<sup>g</sup> Hirotsugu Maruyama,<sup>h</sup> Kazuhiro Matsunaga,<sup>i</sup> Hideyuki Ihara,<sup>j</sup> Toshiyuki Yoshio,<sup>k</sup> Koji Nagaike,<sup>l</sup> Takuya Yamada,<sup>m</sup> Takayuki Yakushijin,<sup>n</sup> Tadayuki Takagi,<sup>o</sup> Hidetaka Tsumura,<sup>p</sup> Akira Kurita,<sup>q</sup> Satoshi Asai,<sup>r</sup> Yukiko Ito,<sup>s</sup> Toshio Kuwai,<sup>t</sup> Yasuki Hori,<sup>u</sup> Iuru Maetani,<sup>v</sup> Kenji Ikezawa,<sup>w</sup> Takuji Iwashita,<sup>x</sup> Kengo Matsumoto,<sup>a</sup> Toshio Fujisawa,<sup>y</sup> and Tsutomu Nishida<sup>a\*</sup>

<sup>a</sup>Department of Gastroenterology, Toyonaka Municipal Hospital, Toyonaka, Osaka, Japan

<sup>b</sup>Department of Gastroenterology and Internal Medicine, Hayashi Clinic, Suita, Osaka, Japan

<sup>c</sup>Department of Gastroenterology and Hepatology, Kindai University, Faculty of Medicine, Osaka-Sayama, Osaka, Japan

<sup>d</sup>Department of Radiology, Kindai University, Faculty of Medicine, Osaka-Sayama, Osaka, Japan

<sup>e</sup>Department of Gastroenterology, Graduate School of Medicine, The University of Tokyo, Tokyo, Japan

<sup>f</sup>Department of Gastroenterology, Fukui Prefectural Hospital, Fukui, Fukui, Japan

<sup>g</sup>Department of Gastroenterology and Hepatology, Kansai Rosai Hospital, Amagasaki, Hyogo, Japan

<sup>h</sup>Department of Gastroenterology, Osaka City University Graduate School of Medicine, Osaka, Osaka, Japan

<sup>i</sup>Department of Gastroenterology, Ishikawa Prefectural Central Hospital, Kanazawa, Ishikawa, Japan

<sup>j</sup>Department of Gastroenterology, Tonan Hospital, Sapporo, Hokkaido, Japan

<sup>k</sup>Department of Gastroenterology, Cancer Institute Hospital, Japanese Foundation for Cancer Research, Ariake, Tokyo, Japan

<sup>l</sup>Department of Gastroenterology and Hepatology, Suita Municipal Hospital, Osaka, Japan

<sup>m</sup>Department of Gastroenterology and Hepatology, Osaka Rosai Hospital, Sakai, Osaka, Japan

<sup>n</sup>Department of Gastroenterology and Hepatology, Osaka General Medical Center, Osaka, Osaka, Japan

<sup>o</sup>Department of Gastroenterology, Fukushima Medical University School of Medicine, Fukushima, Japan

<sup>p</sup>Department of Gastroenterological Oncology, Hyogo Cancer Center, Akashi, Japan

<sup>q</sup>Department of Gastroenterology and Hepatology, Digestive Disease Center, Kitano Hospital, Tazuke Kofukai Medical Research Institute, Osaka, Osaka, Japan

<sup>r</sup>Department of Gastroenterology, Tane General Hospital, Osaka, Osaka, Japan

<sup>s</sup>Department of Gastroenterology, Japanese Red Cross Medical Center, Tokyo, Japan

<sup>t</sup>Department of Gastroenterology, National Hospital Organization, Kure Medical Center and Chugoku Cancer Center, Kure, Japan

<sup>u</sup>Department of Gastroenterology and Metabolism, Nagoya City University Graduate School of Medical Sciences, Nagoya, Japan

<sup>v</sup>Division of Gastroenterology and Hepatology, Department of Internal Medicine, Toho University Ohashi Medical Center, Tokyo, Japan

<sup>w</sup>Department of Hepatobiliary and Pancreatic Oncology, Osaka International Cancer Institute, Osaka, Osaka, Japan

<sup>x</sup>First Department of Internal Medicine, Gifu University Hospital, Gifu, Japan

<sup>y</sup>Department of Gastroenterology, Graduate School of Medicine, Juntendo University, Tokyo, Japan

## Summary

**Background** Diagnostic reference levels (DRLs) are required to optimize medical exposure. However, data on DRLs for interventional fluoroscopic procedures are lacking, especially in gastroenterology. This study aimed to prospectively collect currently used radiation doses and help establish national DRLs for fluoroscopy-guided gastrointestinal procedures in Japan.

**Methods** This multicentre, prospective, observational study collected actual radiation dose data from endoscopic retrograde cholangiopancreatography (ERCP), interventional endoscopic ultrasound (EUS), balloon-assisted enteroscopy (BAE), enteral metallic stent placement, and enteral tube placement from May 2019 to December 2020. The

The Lancet Regional Health - Western Pacific 2022;20: 100376

Published online xxx

<https://doi.org/10.1016/j.lanwpc.2021.100376>

lanwpc.2021.100376

**Abbreviations:** DRLs, diagnostic reference levels; ERCP, endoscopic retrograde cholangiopancreatography; EUS, endoscopic ultrasound; BAE, balloon-assisted enteroscopy; FT, fluoroscopy time;  $K_{a,r}$ , air kerma at the patient entrance reference point;  $P_{KA}$ , air kerma area product; RDR, radiation dose rate

\*Correspondence to: Tsutomu Nishida, M.D. Ph.D., Department of Gastroenterology, Toyonaka Municipal Hospital, 4-14-1 Shiba-hara, Toyonaka, Osaka 560-8565 Japan, Tel: +81-6-6843-0101, Fax: +81-6-6858-3531

E-mail address: [tnishida.gastro@gmail.com](mailto:tnishida.gastro@gmail.com) (T. Nishida).

study outcomes were fluoroscopy time (FT: min), air kerma at the patient entrance reference point ( $K_{a,r}$ : mGy), air kerma area product ( $P_{KA}$ : Gy $cm^2$ ), and radiation dose rate (RDR: mGy/min). Additionally, the basic settings of fluoroscopy equipment and the factors related to each procedure were investigated. This study was registered in the UMIN Clinical Trial Registry (UMIN 000036525).

**Findings** Overall, 12959 fluoroscopy-guided gastrointestinal procedures were included from 23 hospitals in Japan. For 11162 ERCPs, the median/third quartile values of  $K_{a,r}$  (mGy),  $P_{KA}$  (Gy $cm^2$ ), and FT (min) were 69/145 mGy, 16/32 Gy $cm^2$ , and 11/20 min, respectively. Similarly, these values were 106/219 mGy, 23/41 Gy $cm^2$  and 17/27 min for 374 interventional EUSs; 53/104 mGy, 16/32 Gy $cm^2$  and 10/15 min for 523 metallic stents; 56/104 mGy, 28/47 Gy $cm^2$ , and 12/18 min for 599 tube placements; and 35/81 mGy, 16/43 Gy $cm^2$  and 7/15 min for 301 BAEs, respectively. For the overall radiation dose rate, the median/third quartile values of RDR were 5.9/9.4 (mGy/min). The RDR values at each institution varied widely.

**Interpretation** This study reports the current radiation doses of fluoroscopy-guided gastrointestinal procedures expressed as DRL quantities. This will serve as a valuable reference for national DRL values.

**Funding** This work was supported by a clinical research grant from the Japanese Society of Gastroenterology.

**Copyright** © 2021 The Author(s). Published by Elsevier Ltd. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>)

**Keywords:** diagnostic reference level; endoscopic retrograde cholangiopancreatography; radiation exposure; fluoroscopy; Interventional radiology; fluoroscopy-guided gastrointestinal procedure

### Research in context

#### *Evidence before this study*

We searched PubMed (accessed January 1, 2021) for English language articles using the terms “radiation,” “fluoroscopy,” and “diagnostic reference level (DRL).” Additionally, we referred to the publications of ICRP, NCRP, European Commission, and J-RIME as of June 1, 2021. The search found that it is essential to optimize medical exposure by introducing DRLs, but therapeutic fluoroscopy procedures are still challenging, as ICRP 135 states complexity. EUCLID (European Study on Clinical Diagnostic Reference Levels for X-ray Medical Imaging) 2021 suggests the induction of subgroups by difficulty or clinical background for interventional radiology. However, there were only two in the gastrointestinal field, transcatheter arterial chemoembolization and biliary drainage, without subgroups. A 2020 update of the Japan DRLs subcategorized cerebrovascular and cardiovascular procedures. However, there were only two in the gastrointestinal field: upper GI contrast divided into a screen and detailed examination, and endoscopic retrograde cholangiopancreatography (ERCP) divided into therapeutic and diagnostic. Especially in the gastrointestinal field, there are still not enough data to introduce DRLs to interventional procedures.

#### *Added value of this study*

We registered over ten thousand fluoroscopy-guided gastrointestinal procedures across 23 hospitals in Japan. These procedures include ERCP, interventional endoscopic ultrasound (EUS), metallic stent placement, tube placement, and balloon-assisted enteroscopy (BAE). We showed the DRL values for these procedures. There

have been no comprehensive reports on EUS and BAE. ERCP alone has more than 10,000 cases and is one of the largest cohorts compared to previous reports. The large cohorts enabled the ERCP subcategory by disease site. Proximal malignant biliary obstruction (MBO) was the highest in those subcategories and approximately twice the others (common bile duct stone, distal MBO and pancreatic disease).

#### *Implications of all the available evidence*

These results provide the DRL value for fluoroscopy-guided gastrointestinal procedures. The ERCP subcategory may be one solution to the complexity of interventional radiology.

These DRL values will significantly contribute to the proper use of medical exposure in the endoscopy unit.

### Introduction

Medical radiation is widely used in both imaging and treatment. Ionizing radiation provides tremendous benefits despite a small risk of adverse health effects. It is never appropriate to implement dose limits when specific doses are justified for effective treatment. However, there are also concerns about side effects, such as carcinogenicity and tissue reactions. To reduce and optimize medical exposure, the International Commission on Radiological Protection (ICRP) and other radiological societies have tried to establish diagnostic reference levels (DRLs) for various x ray-related procedures,<sup>1,2</sup> and radiation-related societies in each region, such as the Japan Network for Research and Information on

Medical Exposure, have also worked on establishing these levels. The DRL values are usually set at the 75th percentile of the distribution of a typical sample dose.<sup>3</sup> The ICRP 135 publication recommends that all individuals involved in patient procedures with the risk of medical exposure be familiar with the DRL process as a tool for optimizing protection.<sup>4</sup> DRLs are now widely accepted as the global standard for all procedures with ionizing radiation and are established in Japan (Japan DRLs 2015, updated in 2020).<sup>5,6</sup>

DRLs were introduced for diagnostic radiology examination in the 1980s and came into wide use in the 1990s. The ICRP recommends considering DRLs as much as possible during all procedures using radiation because the cumulative fluoroscopy exposure time is a poor metric of patient radiation dose. The ICRP states that DRLs are most useful for diagnostic imaging examinations, such as chest radiography, with relatively few procedural variables. However, it is challenging to set DRLs in interventional procedures, such as fluoroscopy-guided gastrointestinal procedures, because of the wide distribution of patient doses even for the same procedure at the same facility. They have different objectives and difficulty levels, resulting in a wide distribution of patient doses.<sup>4,7</sup> In gastroenterology, fluoroscopy-guided procedures, such as typified endoscopic retrograde cholangiopancreatography (ERCP), have decreased for diagnostic usage but have increased as treatment modalities.<sup>8,9,10</sup> DRLs have yet to be fully implemented for fluoroscopy-guided gastrointestinal procedures<sup>11</sup>, and only a few recommendations and guidelines have been acknowledged.<sup>12,13,14,15</sup> The updated Japan DRLs from 2020 added DRLs for ERCP and tube placement, where  $P_{KA}$  values of interventional ERCP and tube placement were evaluated in 1082 and 232 procedures, respectively. National surveys and registries for setting national DRL values for fluoroscopy-guided gastrointestinal procedures are required to include medium- and large-sized healthcare hospitals that have sufficient procedures to ensure that a sufficient amount of data for a representative selection of patients can be obtained. Based on this background, we launched the REX-GI (radiation exposure from gastrointestinal fluoroscopic procedures) study that aimed to establish DRLs for the following interventional procedures in gastrointestinal endoscopy units from 23 hospitals from all around Japan: ERCP, interventional EUS, balloon-assisted enteroscopy, enteral metallic stent placement, and enteral tube placement.<sup>16</sup>

## Methods and analysis

### Study design

The REX-GI study was a multicentre, prospective observational cohort study. The study was conducted at 23 hospitals in Japan, including eight university hospitals,

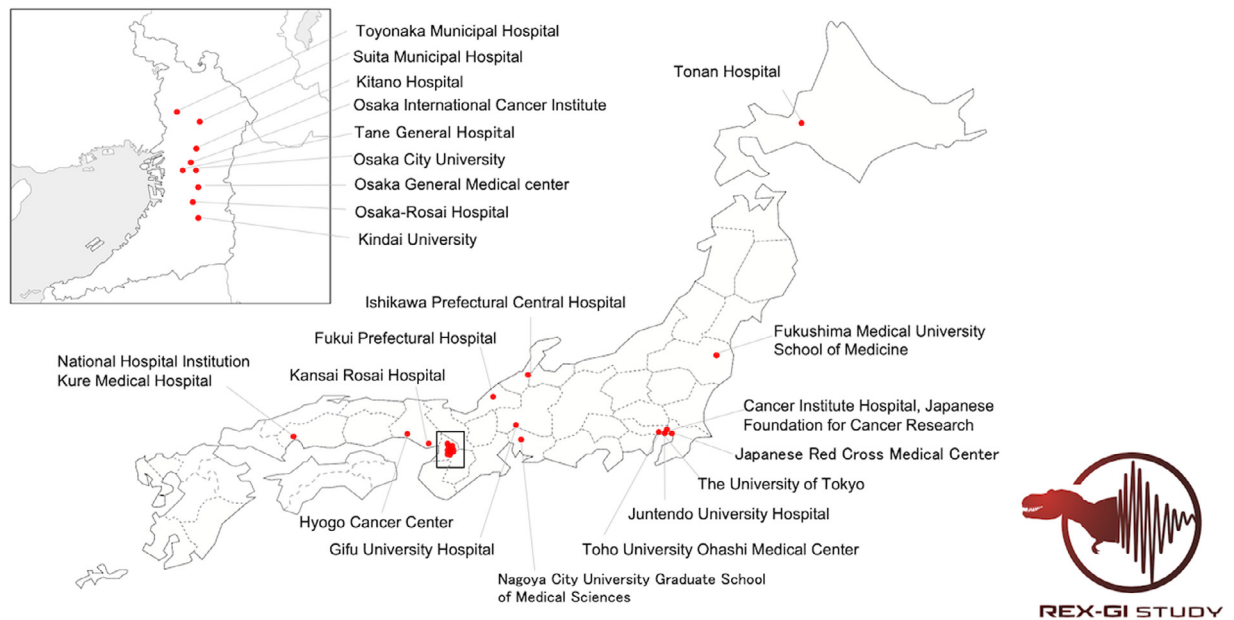
four cancer centres, nine general hospitals, and two municipal hospitals (Figure 1, Table 1). During the study period, 12959 fluoroscopy-guided gastrointestinal procedures were included. This study was conducted in accordance with the Declaration of Helsinki, and approval was obtained from each institutional review board. The requirement for informed consent was waived by the opt-out method of each hospital website. The rationale and methodology of the study have been published, and the full protocol is available online.<sup>16</sup> The study was registered with the UMIN Clinical Trials Registry (UMIN000036525, May 1, 2019).

### Study population

We included consecutive patients receiving standard clinical care who underwent the following treatment and diagnostic procedures under fluoroscopic guidance: (1) ERCP; (2) interventional EUS; (3) balloon-assisted enteroscopy; (4) enteral metallic stent placement; and (5) enteral tube placement. In addition, we subcategorized ERCP, which had a larger number of registered cases than other procedures, into the following four disease sites according to previous reports<sup>17,18</sup>: 1) common bile duct stones, 2) proximal malignant biliary obstruction, 3) distal malignant biliary obstruction, and 4) pancreatic disease. There were no age restrictions. We examined air kerma at the patient entrance reference point ( $K_{a,r}$ ; mGy), air kerma-area product ( $P_{KA}$ ; Gy $\text{cm}^2$ ), fluoroscopy time (FT; min), and radiation dose rate (RDR) (mGy/min) during these procedures between May 2019 and December 2020. RDR was calculated as  $K_{a,r}$  divided by FT. These data were collected from the fluoroscopy equipment by each institution. The facility representative sent them to the data centre every three months throughout the study period. Patients who did not want to participate in this study via the opt-out method on each hospital website, patients with multiple missing primary outcomes (e.g.,  $K_{a,r}$  and  $P_{KA}$ ) and duplicate enrolments were judged to be unsuitable for inclusion in this study and were excluded by Hayashi S and Nishida T. Although it is necessary to specify the participating institutions, we have purposely not shown the data for each institution in order to maintain the anonymity of each institution.

### Data analysis

For continuous variables, we report the medians and interquartile ranges (IQRs). Categorical variables are expressed as the numbers in each category or as frequencies. DRLs were set at the 75% percentile of the distribution of each sample dose. Essentially, DRLs are not optimum doses, but they help identify potentially unusual practices and serve as a tool for optimization of practices. Therefore, we did not use the statistical tests for comparison between institutions in this study that aimed to establish national DRLs. All statistical analyses



**Figure 1.** Map of participating hospitals. The REX-GI (radiation exposure from gastrointestinal fluoroscopic procedures) study aimed to establish DRLs for the following interventional procedures in gastrointestinal endoscopy units at 23 hospitals from all around Japan: ERCP, interventional EUS, balloon-assisted enteroscopy, enteral metallic stent placement, and enteral tube placement.

were performed using JMP software (ver. 15.2.0, SAS Institute, Inc., Cary, NC, USA).

## Results

### Patient and hospital characteristics

The median age of the patients was 72 years (IQR: 64–80), and 8,033 patients were male (62.0%). The hospitals consisted of 8 university hospitals, four cancer centres, nine general hospitals, and two municipal hospitals. Regarding the fluoroscopy equipment in the institutions, 15 (65%) were the overtube type. The median year of fluoroscopy equipment introduction in each hospital was 2016 (2006–2019). The median irradiated field and frame per second were 441 cm<sup>2</sup> (IQR: 441–900) and 12.5 (IQR: 7.5–15), respectively. Fluoroscopy was performed inside the same room in fourteen hospitals (61%) (Tables 1 and 2). The procedures included ERCP (n=11,162, 86.1%), interventional EUS (n=374, 2.9%), metallic stent (n=523, 4.4%), tube placement (n=599, 4.6%) and BAE (n=301, 2.3%) (Table 3).

### $K_{a,r}$ , $P_{KA}$ and FT of each procedure

The air kerma at the patient entrance reference point ( $K_{a,r}$ ; mGy), air kerma-area product ( $P_{KA}$ ; Gy·cm<sup>2</sup>), and fluoroscopy time (FT; min) for each procedure were accumulated. For ERCP, the median/third quartile values of  $K_{a,r}$  (mGy),  $P_{KA}$  (Gy·cm<sup>2</sup>), and FT (min) were 69/145 mGy, 16/32 Gy·cm<sup>2</sup>, and 11/20 min, respectively.

Similarly, these values were 106/219 mGy, 23/41 Gy·cm<sup>2</sup> and 17/27 min for interventional EUS; 53/104 mGy, 16/32 Gy·cm<sup>2</sup> and 10/15 min for metallic stents; 56/104 mGy, 28/47 Gy·cm<sup>2</sup>, and 12/18 min for tube placement; and 35/81 mGy, 16/43 Gy·cm<sup>2</sup> and 7/15 min for BAE, respectively (Supplementary Figure 1). Based on the disease sites where ERCP was used, the values from common bile duct stones, proximal malignant biliary obstruction, distal malignant biliary obstruction and pancreatic disease were 62/126 mGy, 15/30 Gy·cm<sup>2</sup>, and 10/18 min; 118/223 mGy, 27/48 Gy·cm<sup>2</sup>, and 18/31 min; 59/121 mGy, 14/29 Gy·cm<sup>2</sup> and 10/18 min; and 74/148 mGy, 15/30 Gy·cm<sup>2</sup> and 11/20 min, respectively (Table 3).

### RDR between hospitals

RDR was calculated as  $K_{a,r}$  per FT for each procedure. Overall, the median/third quartile values of RDR were 5.9/9.4 (mGy/min). Similarly, the RDR values were 5/6, 4.9/6.9, 6.9/9.1, 3.5/5.2, 4.8/7.1, 7.1/12.2, 4.9/6.4, 8.9/11.1, 14.3/20.2, 15.7/21.1, 6.3/8, 5.6/7.6, 6.1/10.3, 5.3/6.7, 11.6/15, 6.1/8.5, 32/32, 13.9/19.5, 4.4/5.5, 9.2/14.4, 8.7/14.4, 8.7/10.1 and 5.9/9.4 for each hospital, and each hospital's name was alphabetized and anonymized (Supplementary Figure 2).

## Discussion

This was a nationwide, prospective study to establish DRLs in the gastrointestinal field worldwide, and this

|   | Number of Hospital Beds | Fluoroscopy Device |                      |                |                      | Fluoroscopy Unit Location |
|---|-------------------------|--------------------|----------------------|----------------|----------------------|---------------------------|
|   |                         | Company            | Device model         | Apparatus type | Year of introduction |                           |
| Toyonaka Municipal Hospital                     | 613                     | Hitachi            | Exavista             | Overtube       | 2016                 | Endoscopy                 |
| Kindai University                               | 929                     | Hitachi            | Curevista            | Overtube       | 2017                 | Endoscopy                 |
| The University of Tokyo                         | 1216                    | Hitachi            | Curevista            | Overtube       | 2009                 | Radiology                 |
|   |                         | Hitachi            | Exavista             | Overtube       | 2013                 |                           |
|   |                         | Canon Toshiba      | Ultimax-I            | Undertube      | 2016                 |                           |
| Fukui Prefectural Hospital                      | 880                     | Hitachi            | Versiflex            | Overtube       | 2008                 | Endoscopy                 |
| Kansai Rosai Hospital                           | 642                     | Canon Toshiba      | Zexira               | Overtube       | 2011                 | Radiology                 |
|   |                         | Canon Toshiba      | Ultimax-I            | Undertube      | 2017                 |                           |
|   |                         | Hitachi            | Versiflex vista      | Undertube      | 2015                 | Endoscopy                 |
| Osaka City University                           | 891                     | Hitachi            | Curevista            | Overtube       | 2011                 | Endoscopy                 |
| Ishikawa Prefectural Central Hospital           | 639                     | Canon Toshiba      | Drex-zx80            | Overtube       | 2016                 | Endoscopy                 |
| Tonan Hospital                                  | 283                     | Hitachi            | Curevista            | Overtube       | 2013                 | Radiology                 |
|   |                         | Canon Toshiba      | ZEXIRA               | Overtube       | 2016                 |                           |
|   |                         | Canon Toshiba      | Ultimax-i            | Undertube      | 2016                 | Radiology                 |
| Suita Municipal Hospital                        | 431                     | Hitachi            | Versiflex            | Undertube      | 2018                 | Endoscopy                 |
| Osaka Rosai Hospital                            | 678                     | Hitachi            | Exavista             | Undertube      | 2018                 | Radiology                 |
| Osaka General Medical Center                    | 768                     | Hitachi            | Curevista, Versiflex | Overtube       | 2018                 | Endoscopy                 |
|   |                         | Hitachi            |                      |                |                      |                           |
| Fukushima Medical University School of Medicine | 778                     | Canon Toshiba      | Zexira FPD1717       | Overtube       | 2012                 | Radiology                 |
|   |                         | Canon Toshiba      |                      |                |                      |                           |
| Hyogo Cancer Center                             | 400                     | Hitachi            | Curevista            | Overtube       | 2019                 | Endoscopy                 |
| Kitano Hospital                                 | 699                     | Hitachi            | Versiflex            | Undertube      | 2017                 | Endoscopy                 |
|   |                         | Hitachi            | Curevista            | Overtube       |                      |                           |
| Tane General Hospital                           | 304                     | Hitachi            | Exavista             | Overtube       | 2011                 | Radiology                 |
| Japanese Red Cross Medical Center               | 708                     | Hitachi            | Curevista            | Overtube       | 2016                 | Radiology                 |
| Kure Medical Center and Chugoku Cancer Center   | 700                     | Hitachi            | Exavista             | Overtube       | 2010                 | Endoscopy                 |
| Nagoya City University Hospital                 | 800                     | Canon Toshiba      | Ultimax-I            | Undertube      | 2018                 | Endoscopy                 |
| Toho University Ohashi Medical Center           | 319                     | Canon Toshiba      | Ultimax-I            | Undertube      | 2018                 | Radiology                 |
| Osaka International Cancer Institute            | 500                     | Canon Toshiba      | Ultimax-I            | Undertube      | 2017                 | Endoscopy                 |
| Gifu University Hospital                        | 606                     | Shimadzu           | C-Vision Safire      | Undertube      | 2004                 | Radiology                 |
| Juntendo University Hospital                    | 1051                    | Hitachi            | Curevista            | Overtube       | 2019                 | Endoscopy                 |

**Table 1: Fluoroscopic systems and units under fluoroscopic guidance.**

study included 23 hospitals from all around Japan and encompassed 12959 gastrointestinal fluoroscopic procedures. Although some DRLs in the gastrointestinal field have been reported to date, the number of patients was either not described or too few patients were enrolled (Supplementary Table). This study had a larger sample size than previous studies that established DRLs in gastroenterology because this study prospectively registered more than 10,000 ERCPs, whereas the total number of ERCPs was approximately 1,300 in the Japan DRLs 2020. In addition, we registered several fluoroscopy-guided gastrointestinal procedures in addition to ERCP. For ERCP, this study showed a relatively low  $K_{a,r}$  and  $P_{KA}$  compared to the Japan DRLs 2020 and the European Commission (Supplementary Table). There was a

difference between the treatment and diagnostic usage of ERCP; however, this study did not distinguish between these two in ERCP. This is because diagnostic ERCPs have been decreasing in recent years, and sometimes it is difficult to differentiate between the two. It is unclear whether removal of CBDS following the contrast test results is included in the treatment. Additionally, whether cytology, a biopsy and accompanying papillotomy or a prophylactic pancreatic stent are included in the treatment is also unclear.

For enteral tube placement,  $K_{a,r}$  and FT were lower than the Japan DRL value ( $K_{a,r}$ : 104-154 mGy, FT: 18-28.3 min), which may be because this study included endoscopist-centred data, including the placement methods that were assisted by endoscopy.

| Patient   |                  |
|---|------------------|
| Total number  | 12,959           |
| Age, mean ± SD  | 70.4 ± 13.8      |
| Sex, Male: number (%)   | 8033 (62%)       |
| Hospital  |                  |
| Total number  | 23               |
| Type of fluoroscopy equipment*, over couch: number (%)                  | 15 (65%)         |
| Year of fluoroscopy equipment*, median (range)                          | 2016 (2004-2019) |
| Basic settings** of irradiated field (cm <sup>2</sup> ): median (range) | 441 (324-1764)   |
| Basic settings** of frame rate (frames per second): median (range)      | 12.5 (3.75-30)   |
| Fluoroscopy operator, outside: number (%)                               | 14 (61%)         |

**Table 2: Characteristics of the patients and hospitals.**  
 \* In this section, the main unit was registered if a hospital had multiple fluoroscopy units.  
 \*\* 'Basic setting' means the setting of the fluoroscopy unit at the start of the procedure. It does not reflect any changes made during the procedure.

| Procedure                              | N     | K <sub>a,r</sub> (mGy) 1 <sup>st</sup> quartile<br>Median, 3 <sup>rd</sup> quartile | P <sub>KA</sub> (Gy·cm <sup>2</sup> ) 1 <sup>st</sup> quartile<br>Median, 3 <sup>rd</sup> quartile | FT (min) 1 <sup>st</sup> quartile<br>Median, 3 <sup>rd</sup> quartile | No. of images per exam<br>Median |
|--|-------|---|--|---|----------------------------------|
| ERCP                                   | 11162 | 35, 69, 145   | 8, 16, 32  | 6, 11, 20   | 9                                |
| Common bile duct stone                 | 3932  | 32, 62, 126   | 8, 15, 30  | 6, 10, 18   | 9                                |
| Proximal malignant biliary obstruction | 1617  | 57, 118, 223  | 14, 27, 48   | 10, 18, 31  | 10                               |
| Distal malignant biliary obstruction   | 2489  | 31, 59, 121   | 7, 14, 29  | 6, 10, 18   | 8                                |
| Pancreatic disease                     | 1163  | 37, 74, 148   | 8, 15, 30  | 6, 11, 20   | 10                               |
| Interventional EUS                     | 374   | 53, 106, 219  | 12, 23, 41   | 11, 17, 27  | 12                               |
| Metallic stent                         | 523   | 29, 53, 104   | 8, 16, 32  | 6, 10, 15   | 9                                |
| Tube placement                         | 599   | 30, 56, 104   | 14, 28, 47   | 8, 12, 18   | 4                                |
| BAE                                    | 301   | 16, 35, 81  | 7, 16, 43  | 3, 7, 15  | 6                                |

**Table 3: First quartile, median and third quartile values of K<sub>a,r</sub>, P<sub>KA</sub>, and FT for each procedure.**  
 K<sub>a,r</sub>: Air kerma at the patient entrance reference point.  
 P<sub>KA</sub>: Air kerma-area product.  
 FT: Fluoroscopy time.  
 ERCP: Endoscopic retrograde cholangiopancreatography.  
 EUS: Endoscopic ultrasonography.  
 BAE: Balloon-assisted enteroscopy.

We found that the DRL values differed between institutions. Interinstitutional studies depend greatly on the population of procedure types and difficulty levels, and the abovementioned procedure-related factors greatly influence FT. However, RDR, K<sub>a,r</sub> per FT, can compare the rough difference in settings between institutions without being affected by FT. In addition, DRL values using multiple quantities may help identify the cause when radiation use has not been optimized and may simplify the investigation. The 3<sup>rd</sup> quartile value of RDR ranged widely from 3.3 to 32 mGy/min, and the 3<sup>rd</sup> quartile value of RDR in all hospitals was 9.4 mGy/min. Since RDR is a number per minute and is not dependent on the duration of the procedure, this wide dispersion is mainly due to the output and the settings of the fluoroscopy equipment. Regarding the fluoroscopy equipment in this study, the median year of the unit

was 2016, and the date of the equipment ranged from 2006 to 2019. Given that the registration period started in May 2019, these were relatively new devices. This may be because the primary outcome was K<sub>a,r</sub>, P<sub>KA</sub>, and FT, and hospitals that had relatively older equipment (due to the lack of fluoroscopic parameters) were excluded. Updated fluoroscopy equipment reduces radiation exposure;<sup>19</sup> thus, the participating hospitals in these studies had high awareness of radiation exposure, which could have caused a bias. The results in this study may therefore be relatively more generalizable than those of the whole cohort in Japan.

In the present study, many fluoroscopic devices were the overtube type (15/23, 65%), which is a characteristic of the gastrointestinal field in Japan. This is also an issue with regard to managing radiation exposure of staff to upper body scatter and exposure to the eyes of

staff. Many hospitals operate fluoroscopy equipment inside the room (14/23, 61%); this means that more than 61% of endoscopists use fluoroscopic equipment, with not as many radiologists using the equipment. Sethi et al. reported a questionnaire survey in which it was found that most endoscopists (56.6%) had not received training on how to operate a fluoroscopy system despite the majority of endoscopists (61.6%) using fluoroscopy during ERCP.<sup>20</sup> According to our previous report in Japan, only 71% of endoscopists had received a basic lecture on radiation exposure, despite 91% of them using fluoroscopy.<sup>21</sup> Many of the endoscopy units in Japan are handled over tubes, which greatly affects lens exposure. Many administrators are endoscopists who have to understand the basic principles of radiation safety and need to minimize the risk of radiation exposure to both the patients and staff.<sup>22,14</sup>

We found that the DRL quantities were different for each gastrointestinal procedure. Interventional EUS had the highest  $K_{a,r}$  (219 mGy at 75% value), followed by ERCP (145 mGy), metallic stents (104 mGy), tube placement (104 mGy), and BAE (81 mGy). Similarly, tube placement had the highest  $P_{KA}$  (47 Gy $cm^2$ ), followed by BAE (43 Gy $cm^2$ ), EUS (41 Gy $cm^2$ ), ERCP (32 Gy $cm^2$ ), and metallic stents (32 Gy $cm^2$ ). These discrepancies in the  $K_{a,r}$  and  $P_{KA}$  rankings may suggest the use of a larger irradiation field in BAE and tube placement. In terms of ERCP subcategories by disease site, proximal malignant biliary obstruction (PMBO) was higher than the other diseases in all  $K_{a,r}$ ,  $P_{KA}$ , and FT (Table 3). This was similar to our previous single-centre report.<sup>17</sup> One of the reasons for the difficulty in setting DRLs for IR is the wide distribution, and one way to overcome this problem is to subcategorize the procedures. In the Japan DRLs 2020, there was a twofold difference between chronic total occlusion (CTO) and non-CTOs in percutaneous coronary intervention (PCI), which was listed as a separate category.<sup>6</sup> This study shows that ERCP might be better categorized into PMBO and non-PMBO instead of into treatment and diagnostic usages.

Medical exposure was estimated to account for approximately 48% of the effective dose to the U.S. population in 2006, compared to the 15% in the early 1980s, according to the National Council on Radiation Protection and Measurements (NCRP) report no. 160.<sup>23</sup> However, the NCRP recently reported a 0.8-fold decrease in the total effective dose of medical exposure over the decade from 2006 to 2016.<sup>24</sup> The breakdown shows that there was almost no change in the effective dose of CT, and there was a 0.6-fold decrease in the interventional fluoroscopic procedures.<sup>24</sup> The aforementioned decrease is attributed to the fact that many diagnostic fluoroscopy procedures have been replaced by CT and MRI, but the introduction of DRL also occurred around the same time, which may explain the decrease in the dose per procedure. In the UK, the introduction of DRLs could achieve a reduction of approximately

50% in the radiation dose during typical x ray examinations over 15 years.<sup>25</sup> With the Japan DRLs, the RDR values for IR decreased from 20 to 17 mGy/min from 2015 to 2020.<sup>5,6</sup> In this study, the 3<sup>rd</sup> quartile value for RDR for all hospitals combined was 9.4 mGy/min, and only 4 of the 23 hospitals had RDRs that were above 17 mGy/min.<sup>26</sup> Understanding and managing radiation exposure in fluoroscopy-guided gastrointestinal procedures will lead to appropriate use, similar to other radiologic procedures.

## Conclusion

The REX-GI study provides a significant amount of data regarding the actual radiation exposure of fluoroscopy-guided gastrointestinal procedures: ERCP, interventional EUS, enteral metallic stent placement, enteral tube placement, and BAE. These data will contribute to establishing DRLs for fluoroscopy-guided gastrointestinal procedures and IR as a whole.

## Author contributions

Nishida T, Hayashi S, and Takenaka M conceptualized and designed this study. Hosono M critically reviewed and supervised the protocol. Hayashi S wrote the original draft. Nishida T handled funding acquisition as well as review and editing. Hayashi S, Nishida T and Takenaka M performed the data curation and formal analysis. Hayashi S, Nishida T, Takenaka M, Kogure H, Hasatani K, Yamaguchi S, Maruyama H, Matsunaga K, Ihara H, Yoshio T, Nagaike K, Yamada T, Yakushijin T, Takagi T, Tsumura H, Kurita A, Asai S, Ito Y, Kuwai T, Hori Y, Maetani I, Ikezawa K, Iwashita T, Fujisawa T, and Matsumoto K participated in this study and recruited the patients.

## Declaration of interests

None of the authors has any competing interests arising from this research.

## Acknowledgements and collaborators

We thank all of the collaborators who cooperated in this nationwide study of Radiation Exposure from Gastrointestinal Fluoroscopic Procedures in Japan (REX-GI). The collaborators of the REX-GI study are Mitsuhiro Fujishiro (The University of Tokyo), Masashi Yamamoto and Dai Nakamatsu (Toyonaka Municipal Hospital), Shinjiro Yamaguchi (Kansai Rosai Hospital), Shuji Ishii (Osaka General Medical Center), Motohiro Hirao (Osaka Rosai Hospital), and Yuzuru Tamaru (National Hospital Organization, Kure Medical Center and Chugoku Cancer Center).

**Data sharing**

The data that support the findings of this study are available on request from the corresponding author Nishida T.

**Funding statement**

This research received clinical research grants from the Japanese Society of Gastroenterology.

**Supplementary materials**

Supplementary material associated with this article can be found in the online version at doi:10.1016/j.lanwpc.2021.100376.

**References**

- 1 International Commission on Radiological Protection (ICRP). Radiological Protection and Safety in Medicine. ICRP publication 73. *Ann ICRP* 1996;26(3).
- 2 International Commission on Radiological Protection (ICRP). The 2007 recommendations of the International Commission on Radiological Protection, 103. ICRP Publication; 2007.
- 3 Vassileva J, Rehani M. Diagnostic reference levels. *AJR Am J Roentgenol* 2015;204(1):W1–3.
- 4 International Commission on Radiological Protection (ICRP). Diagnostic Reference Levels in Medical Imaging. ICRP Publication 135. *Ann ICRP* 2017;46(1).
- 5 Japan Association on Radiological Protection in Medicine. Japan Association of Radiological Technologists, Japan Network for Research and Information on Medical Exposure (J-RIME). *Diagnostic reference levels based on latest surveys in Japan—Japan DRLs 2015*. <https://www.radher.jp/J-RIME/report/DRLhoukokusyoEng.pdf> (accessed Aug 12 2021).
- 6 Japan Network for Research and Information on Medical Exposure, (J-RIME). National Diagnostic Reference Levels in Japan (2020) Japan DRLs 2020. 2020. [http://www.radher.jp/J-RIME/report/DRL2020\\_Engver.pdf](http://www.radher.jp/J-RIME/report/DRL2020_Engver.pdf) (accessed Aug 16 2021).
- 7 International Commission on Radiological Protection (ICRP). Avoidance of Radiation Injuries from Medical Interventional Procedures. ICRP publication 85. *Ann ICRP* 2000;30(2).
- 8 Moffatt DC, Yu BN, Yie W, Bernstein CN. Trends in utilization of diagnostic and therapeutic ERCP and cholecystectomy over the past 25 years: a population-based study. *Gastrointest Endosc* 2014;79(4):615–22.
- 9 Huang RJ, Thosani NC, Barakat MT, et al. Evolution in the utilization of biliary interventions in the United States: results of a nationwide longitudinal study from 1998 to 2013. *Gastrointest Endosc* 2017;86(2):319–26. e5.
- 10 Miller DL. Overview of contemporary interventional fluoroscopy procedures. *Health Phys* 2008;95(5):638–44.
- 11 Hayashi S, Takenaka M, Hosono M, Nishida T. Radiation exposure during image-guided endoscopic procedures: The next quality indicator for endoscopic retrograde cholangiopancreatography. *World Journal of Clinical Cases* 2018;6(16):1087–93.
- 12 2nd Adler DG, Lieb JG, Cohen J, et al. Quality indicators for ERCP. *Gastrointest Endosc* 2015;81(1):54–66.
- 13 Dumonceau JM, Garcia-Fernandez FJ, Verdun FR, et al. Radiation protection in digestive endoscopy: European Society of Digestive Endoscopy (ESGE) guideline. *Endoscopy* 2012;44(4):408–21.
- 14 Kwok K, Hasan N, Duloy A, Murad F, Nieto J, Day LW. American Society for Gastrointestinal Endoscopy radiation and fluoroscopy safety in GI endoscopy. *Gastrointestinal Endoscopy* 2021.
- 15 Hadid-Beurrier L, Dabli D, Royer B, Demonchy M, Le Roy J. Diagnostic reference levels during fluoroscopically guided interventions using mobile C-arms in operating rooms: A national multicentric survey. *Phys Med* 2021;86:91–7.
- 16 Nishida T, Hayashi S, Takenaka M, et al. Multicentre prospective observational study protocol for radiation exposure from gastrointestinal fluoroscopic procedures (REX-GI study). *BMJ Open* 2020;10(2):e033604.
- 17 Hayashi S, Nishida T, Matsubara T, et al. Radiation exposure dose and influencing factors during endoscopic retrograde cholangiopancreatography. *PLoS One* 2018;13(11):e0207539.
- 18 Hayashi S, Nishida T, Kuriki S, et al. Radiation exposure dose of fluoroscopy-guided gastrointestinal procedures: A single-centre retrospective study. *Endosc Int Open* 2020;8(12):E1872–E7.
- 19 Hayashi S, Nishida T, Osugi N, et al. Time Trend of the Radiation Exposure Dose in Endoscopic Retrograde Cholangiopancreatography Over an 8-Year Period: A Single-Center Retrospective Study. *Am J Gastroenterol* 2020.
- 20 Sethi S, Barakat MT, Friedland S, Banerjee S. Radiation Training, Radiation Protection, and Fluoroscopy Utilization Practices Among US Therapeutic Endoscopists. *Dig Dis Sci* 2019;64(9):2455–66.
- 21 Hayashi S, Takenaka M, Kogure H, et al. A questionnaire survey on radiation protection among 282 medical staff from 26 endoscopy-fluoroscopy departments in Japan. *DEN Open* 2021;1(1):e5.
- 22 Takenaka M, Hosono M, Hayashi S, Nishida T, Kudo M. The radiation doses and radiation protection on the endoscopic retrograde cholangiopancreatography procedures. *Br J Radiol* 2021;20210399.
- 23 National Council on Radiation Protection and Measurements. Ionizing radiation exposure of the population of the United States. NCRP Report No.160. 2009.
- 24 National Council on Radiation Protection and Measurements. Medical Radiation Exposure of Patients in the United States. NCRP Report No. 184. 2019.
- 25 Hart D, Wall BF. UK population dose from medical X-ray examinations. *Eur J Radiol* 2004;50(3):285–91.
- 26 Kanda R, Akahane M, Koba Y, et al. Developing diagnostic reference levels in Japan. *Jpn J Radiol* 2021;39(4):307–14.