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History

• The term bougie originally described any flexible, slender, dilator-type device that was inserted into any body orifice for examination or dilation.

• The term was also used for wax candles, as bougie is an old French word for fine wax, originating from Bejaia (bougie), a city in northern Algeria.

• The bougie was first used by Robert Macintosh in 1943 when he encountered difficulty visualizing the vocal cords during ET intubation.
What is it?

- Fiberglass core covered by resin
- 60 cm long
- 5 mm in diameter (15 French)
- 38° distal bend
- Fits ETT > size 6
How do I use it?

• Attempt visualization of vocal cords as usual
• If unable, pass the bougie anterior to the epiglottis towards the trachea
• Move up and down to feel tracheal clicks or end point
• Have assistant thread ETT over bougie as you maintain its position
• Leave laryngoscope in place
• May rotate ETT 90° if resistance met at larynx
• Inflate balloon and proceed as usual
Other uses

- May be used as a stylet for ETT
- Blind intubation has been described
- Tracheal place-holder during video laryngoscopy
- Back-scratcher
Thank You

vkairam@gmail.com

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