Peutz-Jeghers polypectomy in the small bowel using “ligate-and-let-go” technique

The “ligate-and-let-go” polypectomy technique involves looping a target lesion with a detachable snare and letting it necrose and slough off [1]. This technique is thought to carry less risk for bleeding and perforation than electrocautery. We present a case of a patient with Peutz-Jeghers syndrome in which the “ligate-and-let-go” method was used to successfully treat an obstructing small bowel polyp via anterograde double-balloon enteroscopy (DBE). To our knowledge, this is the first utilization of this technique to successfully remove a jejunal polyp via anterograde DBE.

A 46-year-old woman with Peutz-Jeghers syndrome was found to have a large polyp and early intussusception on computed tomography (CT) enterography (►Fig. 1). Anterograde DBE confirmed a 25-mm pedunculated polyp in the distal jejunum (►Fig. 2a). Biopsies were obtained and the region was tattooed with India ink. Pathology revealed a hamartomatous polyp without dysplasia. During repeat anterograde DBE, a ligature was successfully placed at the neck of the polyp via an endoloop device (►Fig. 2b). Given the high position of the loop, the decision was made to proceed with the “ligate-and-let-go” technique to avoid bleeding and incomplete resection (►Video 1).

Repeat anterograde DBE 5 weeks later showed a well-healed scar at the site of the prior polyp (►Fig. 3).
The “ligate-and-let-go” technique offers successful polypectomy with a low risk of bleeding and perforation. There is one published report of use of this technique via single-balloon enteroscopy to remove a distal ileal lipoma, though there is otherwise little data regarding its use in the small bowel [2]. To our knowledge, this was the first case of using this technique via anterograde DBE to successfully remove a jejunal hamartoma in a patient with Peutz-Jeghers syndrome. Often these patients may have multiple polyps requiring surveillance and intervention; this approach offers an alternative to resection and removal.

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Competing interests

The authors declare that they have no conflict of interest.

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