Colorectal lesions with a nongranular depressed component are difficult to snare and have a high risk of submucosal invasion; thus, en bloc resection of these lesions is mandatory, usually by endoscopic submucosal dissection (ESD) [1, 2]. Underwater endoscopic mucosal resection (UEMR), described by Binmoeller in 2012 [3], allows endoscopic resection without prior submucosal injection, as the colonic lesion “floats” in a lumen filled with water along with the mucosa and submucosa. Endoscopic ultrasound has shown that when the lumen is filled with water, the muscularis propria retains a circular configuration and does not follow the involutions of the mucosa and submucosa [3].

Cap-assisted EMR using a straight distal attachment has been described to resect polyps not easily amenable to standard EMR [4, 5].

Herein, we present the case of a 16 mm, nongranular, 0-IIa + IIc “u”-shaped lesion, which was partially hidden by a fold and difficult to face, located in the sigmoid colon (Fig. 1, Fig. 2).

Fig. 1 Nongranular 0-IIa + IIc “u”-shaped lesion, which was difficult to face.

Fig. 2 Evaluation under white-light imaging.

Fig. 3 Japan NBI Expert Team type 2b pattern under evaluation with narrow-band imaging and near focus.

Fig. 4 Pit pattern Vi (severe) under evaluation with crystal violet and near focus.

Fig. 5 Cap-suction underwater endoscopic mucosal resection.
Evaluation under narrow-band imaging (NBI) with near focus showed Japan NBI Expert Team (JNET) type 2b (▶Fig. 3) and chromoendoscopy showed pit pattern Vi severe-type (▶Fig. 4). En bloc “classic” UEMR was attempted but it was not possible to snare the lesion. Thereafter, with the lumen filled with water, a conic cap (ST hood DH-30CR; Fujifilm Europe, Düsseldorf, Germany) was used to gently aspirate the 0-IIc component, facilitating the infolding of the lesion into the gravity-free underwater environment; the lesion was then easily snared and resected by underwater EMR (▶Fig. 5, ▶Video 1).

As UEMR is a reversible technique because there is no injection and no deformity of the working space, we recommend trying this approach first for en bloc resection of nongranular 0-IIc lesions without overt features of malignancy, as it is a fast and cheap technique compared with ESD or endoscopic full-thickness resection. If classic UEMR does not seem feasible, conic cap aspiration before UEMR may be helpful for resection of flat depressed lesions.

**Competing Interest**

The authors declare that they have no conflict of interest.

**The authors**

Hugo Uchima1, Anna Calm1, Juan Colán-Hernández2, Raquel López2, Caterina Fumagalli2, Alba Hernández2, Vicente Moreno3
1 Endoscopy Unit, Gastroenterology Department, Hospital Universitari Germans Trias i Pujol, Badalona, Barcelona, Spain
2 Pathology Department, Hospital Universitari Germans Trias i Pujol, Badalona, Barcelona, Spain
3 Corresponding author

**References**


**Acknowledgments**

We want to thank Dr. Maria Pellise for her support in the writing of this video.