Optimizing resection of sessile serrated polyps

Removal of precancerous lesions during colonoscopy reduces colorectal cancer (CRC) incidence and mortality [1]. Recent data have highlighted that interval CRC occurs despite previous colonoscopy. Incomplete removal of polyps is one of the factors leading to interval CRCs [2]. Incomplete polypectomy of sessile serrated polyps (SSPs) is four-fold higher than that of conventional adenomas [3] and may contribute to a higher risk of interval CRCs. Most SSPs are smaller than 2 cm (average size, 5–7 mm) [4] and can be removed safely and effectively at the time of routine colonoscopy. Optimal polypectomy technique varies depending on the individual characteristics of the polyp. SSPs often have a sessile or flat morphology with indistinct borders [5], which can make them more susceptible to incomplete removal. In light of the data showing an inordinately high incomplete polypectomy rate for SSPs, it is critically important for endoscopists to improve on the method of SSP removal.

We approach removal of suspected flat SSPs by using submucosal injection of dilute methylene blue with normal saline followed by snare electrocautery (Figs. 1, 2, 3). This technique provides both better visualization of the polyp borders and better positioning of the polypectomy snare to ensure complete resection. We believe this technique optimizes complete resection of flat SSPs, with the aim of reducing interval cancers. Further studies are needed to prove that the endoscopic and histologic recurrences are low and that a long-term reduction of interval cancers can be achieved using this technique.

Endoscopy_UCTN_Code_TTT_1AQ_2AD

Competing interests: None

Seth Sweetser¹, Todd H. Baron²
¹ Division of Gastroenterology and Hepatology, Mayo Clinic College of Medicine, Rochester, Minnesota, USA
² Division of Gastroenterology and Hepatology, University of North Carolina School of Medicine, Chapel Hill, North Carolina, USA

References

Bibliography
DOI http://dx.doi.org/10.1055/s-0034-1365379
Endoscopy 2014; 46: E231
© Georg Thieme Verlag KG Stuttgart · New York
ISSN 0013-726X

Corresponding author
Seth Sweetser, MD
Mayo Clinic
200 First St. S. W.
Rochester, MN 55905
USA
sweetser.seth@mayo.edu

Fig. 1 Endoscopic white light view of 1-cm, flat, subtle sessile serrated polyp (SSP) with indistinct edges in ascending colon.

Fig. 2 Endoscopic view of SSP after submucosal injection of dilute methylene blue with normal saline. The edges of the SSP are now more clearly defined, allowing proper placement of the polypectomy snare.

Fig. 3 Endoscopic view showing complete resection of the SSP with methylene-blue-stained muscularis propria.

Sweetser Seth, Baron Todd H. Optimizing resection of sessile serrated polyps... Endoscopy 2014; 46: E231