

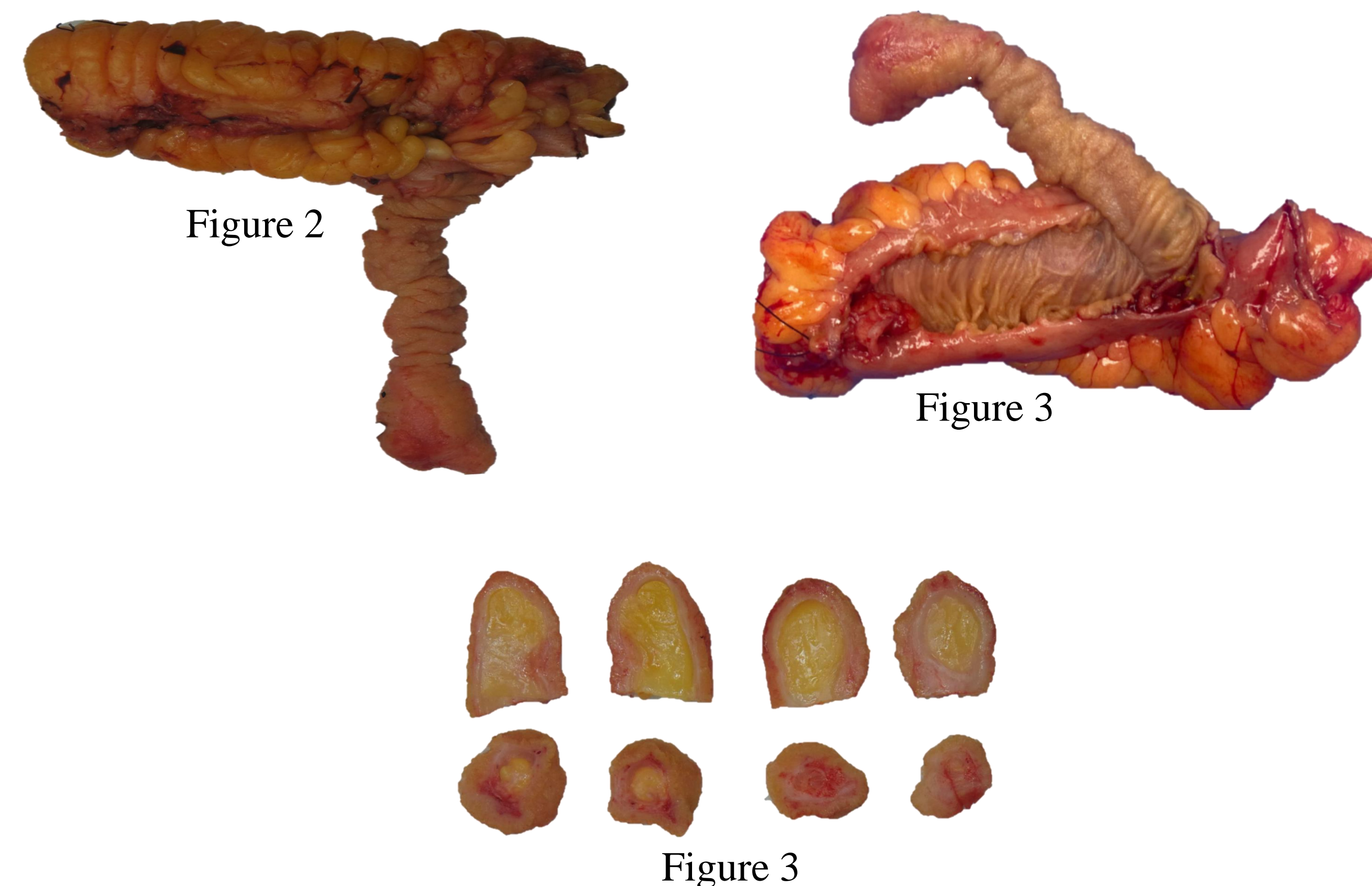
Importance of Video Capsule Endoscopy in Detecting Obscure Small Bowel Bleeds

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❖ Introduction:

- Acute gastrointestinal (GI) bleeding is a serious medical condition and a common cause of admission with a mortality rate of 5-10%.
- It is estimated that a small fraction of GI bleeds is of obscure origin despite a normal EGD (esophagogastroduodenoscopy) and colonoscopy.
- Small bowel bleeding accounts for 5% of all GI bleeding and is the most common indication for video capsule endoscopy (VCE).
- VCE has a high sensitivity and can be used to detect a possible obscure gastrointestinal bleed

❖ Gross Pathology:



Figures 1-2: Long-stalked polypoid mass associated with an inverted Meckel's diverticulum in the distal ileum

Figure 3: Cross sections of fat containing stalk

❖ Case Description:

- We present a 51-year-old male with a history of pulmonary embolism treated with ongoing anticoagulation who presented for shortness of breath, weakness, and dizziness over the past couple of months.
- The patient's physical examination was unremarkable, but he was found to have symptomatic iron deficiency anemia with a hemoglobin of 6.9 and heme-positive stool.
- He underwent an EGD and colonoscopy, which showed no significant abnormality to explain iron-deficiency anemia.
- Therefore, the patient was advised to undergo a VCE for evaluation of his small bowel.
- The VCE showed a bleeding polypoid lesion in the distal ileum.
- CT enterography showed a fat-containing polypoid lesion with peripheral enhancement that was connected to ileal loops with a fat-containing stalk in the distal ileum.
- Imaging findings were consistent with Meckel's diverticulum.
- No other bowel lesions are noted.
- The patient was referred for surgical small bowel resection.
- Surgery revealed a long-stalked polypoid mass associated with an ulcerated inverted Meckel's diverticulum in the distal ileum

❖ Discussion:

- In patients who have overt iron deficiency anemia, a colonoscopy and EGD should be considered.
- However, if the upper and lower endoscopy is negative, further investigation of the small bowel may be necessary.
- Capsule endoscopy is the preferred initial diagnostic test for small bowel evaluation in patients with overt bleeding.
- VCE can help detect sources of bleed in the small bowel such as malignancy.
- Early detection is important in the case of malignancy for optimal outcomes.
- In our case, the patient had a Meckel's diverticulum which is rare and usually clinically silent but can ulcerate and become a source of bleeding.
- Furthermore, if a source of bleed is detected, it may be rectified by surgical intervention.



Left: Pill cam Right: Pillcam images from our patient showing bleeding