



Mushroom Sign: Complete Esophageal Obstruction Following Endoscopic Variceal Band Ligation

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Introduction

- Gastrointestinal hemorrhage secondary to esophageal varices is frequently encountered by gastroenterologists.
- Endoscopic variceal band ligation is a procedure that has the potential for complications.
- However complete esophageal obstruction due to band ligation is very uncommon.

Case Description

- 80-year-old inability to tolerate oral secretions and chest discomfort for 24 hours. She underwent endoscopic variceal band ligation for primary prophylaxis.
- Upper endoscopy revealed a mushroom-like appearance of mucosa in the mid-esophagus, with full circumferential banding of esophageal lumen causing complete obstruction.
- Patient consented to a possible need for transjugular intrahepatic portosystemic shunt placement as rescue therapy in case of acute variceal bleeding following endoscopic intervention.

Esophagogastroduodenoscopy

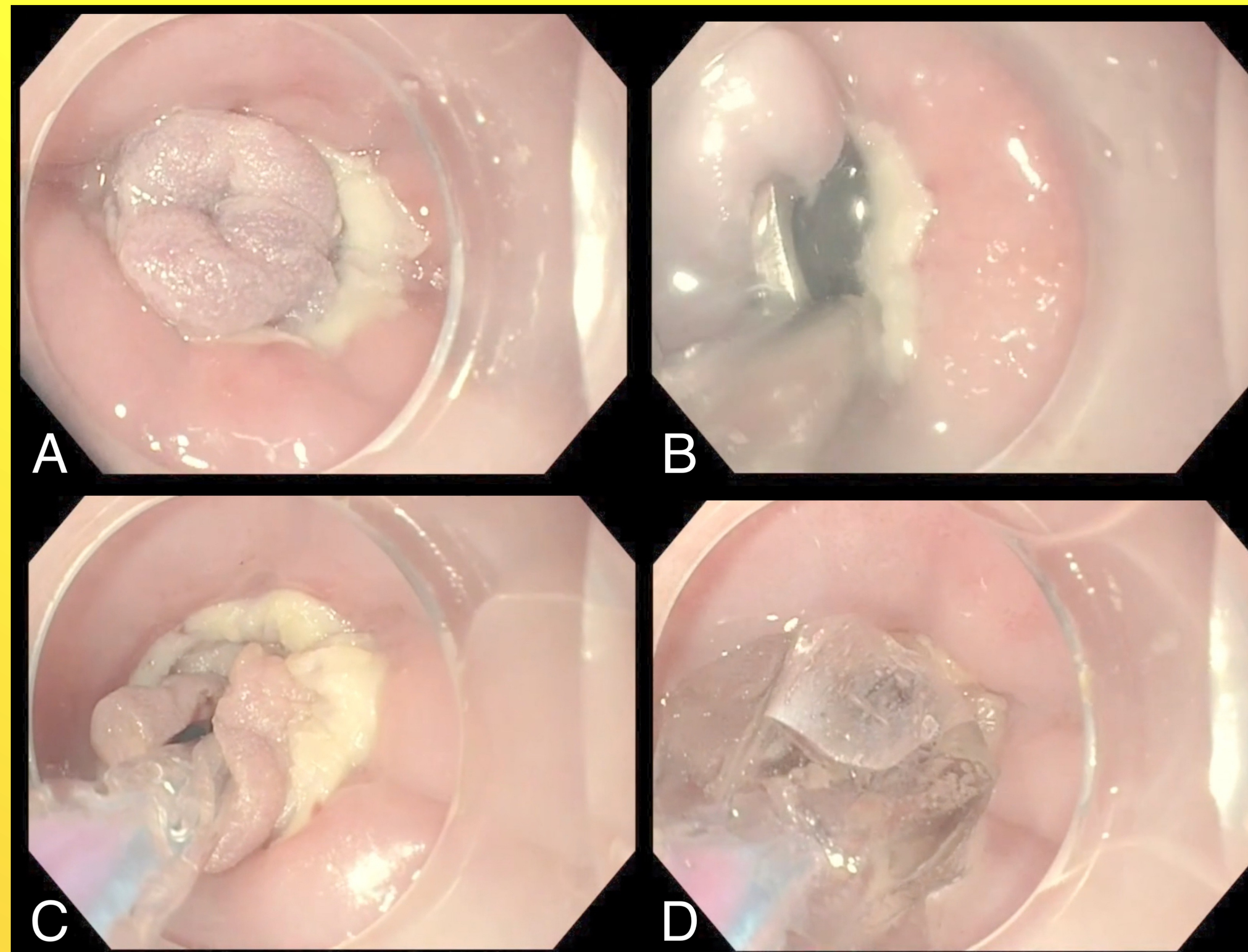


Figure 1: (A) Mushroom Sign. (B) Band grabbed with loop cutter. (C) Pre-dilated stricture. (D) Balloon dilation

- On repeat endoscopy, band was grabbed with loop cutter, with gentle pulling pressure applied resulting in removal of the band uneventfully (Figure 1).
- Esophageal mucosa had circumferential mushroom-like edematous mucosa with ulcerated base of 10 mm.
- Due to ongoing obstruction, balloon dilation performed to prevent further stricture formation and open the esophagus lumen successfully.
- After successful recovery, plan for repeat endoscopic dilation in a week for recurrent dysphagia

Discussion

- Complete esophageal obstruction from variceal band ligation is very rare. Cases with partial obstruction or patients who can handle secretions can be managed with supportive care.
- In this case, we removed the band with loop cutter as this was a complete obstruction and patient was at risk for aspiration and airway compromise. This case should illustrate the importance of spiral banding technique and aiming towards one column of varices at a time.
- Practicing gastroenterologists and trainees should be aware of this rare complication.