

CASE STUDY

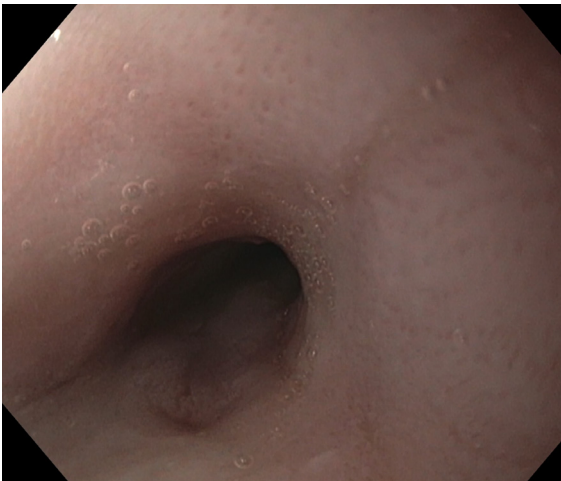
Esophageal Dilation with Elation5™



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PATIENT HISTORY

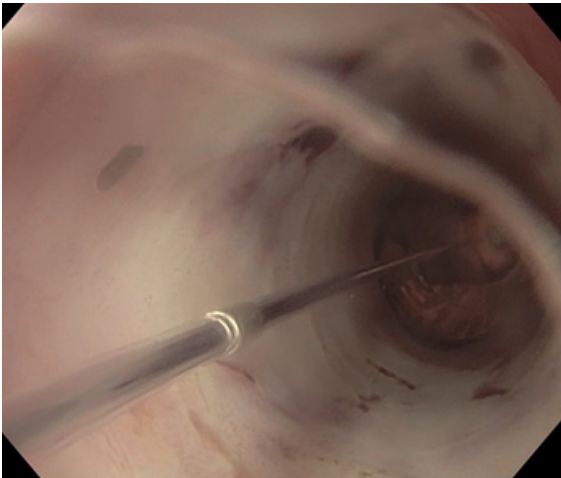
An 80-year-old female with a history of squamous cell carcinoma of the vocal cords who was previously treated with definitive chemotherapy and radiation. She has been suffering from recurrent aspiration pneumonia but has had no prior dysphagia until a hospitalization for melena one year prior. Initial EGD showed LA Grade D reflux with circumferential esophagitis and a 4 cm hiatal hernia.



PROCEDURE

After appropriate sedation, an ultrathin endoscope was required for initial inspection and advanced into the esophagus which revealed a tight stricture of about 4 cm in length at the distal esophagus (31-35 cm).

Due to the recurrent nature of the stricture, an Elation5 fixed wire balloon was passed through the working channel across the stricture with a standard endoscope. The balloon was properly centered into position by grasping the balloon catheter and providing minor adjustments to the insertion tube. The distal esophageal stricture was dilated up to 13.5 mm and then the balloon was deflated for inspection. At this point, a standard EGD was able to traverse through the stricture into the stomach with no issues. The balloon was sequentially passed into the stomach and adjusted proximally for additional positioning.



Once in place, the balloon was dilated back up to 13.5 mm and dilated up two more stages to 16 mm. The balloon was held in place for approximately one minute and tissue blanching was noted through the balloon with stable pressure. If using a 3-stage balloon, this treatment would have required 2 balloons, but that was avoided by using one Elation5 balloon. Once deflated, a final inspection was performed. Post procedure the patient was kept on proton-pump inhibitors and planned for repeat dilation in 2 weeks.

KEY TAKEAWAYS

- Balloon dilation has proven to be a safe and effective technique to treat recurrent strictures.
- May be performed under direct visualization or fluoroscopic guidance
- Dilation typically held for approximately 30-60 seconds
- A 5-stage balloon may mitigate the cost of utilizing two balloons in a single procedure

***"It is more cost effective to use a 5-stage balloon than using two 3-stage balloons."* – Bradley Confer, DO**

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