Endoscopic stag beetle knife treatment for symptomatic Zenker’s diverticulum

Zenker’s diverticulum is a pulsion diverticulum that develops through Killian’s triangle, an area of weakness of the posterior hypopharynx. The reported prevalence of Zenker’s diverticulum is between 0.01% and 0.11%, and it is typically seen in middle-aged and older male patients in their seventh or eighth decade of life [1]. Diagnosis is based on clinical symptoms such as dysphagia, the predominant symptom in 80% to 90% of patients. The diagnosis of Zenker’s diverticulum is made on a barium swallow examination. Upper endoscopy is not required to confirm the diagnosis but is recommended to exclude malignancy [2].

Flexible endoscopic treatment, preferred over open surgical treatment, is the first-line therapy for patients with a symptomatic Zenker’s diverticulum of any size [3]. In all, three options are available for treatment: open surgery, rigid endoscopy, and flexible endoscopy. Thanks to flexible endoscopy, many techniques have emerged in recent years, such as Zenker’s diverticulotomy peroral endoscopic myotomy (Z-POEM). Besides that, some tools have been adapted to perform safe and effective septotomy.

The stag beetle (SB) knife (Sumimoto Bakelite Ltd.) is a scissor-shaped, rotating device with two insulated monopolar blades designed primarily for endoscopic submucosal dissection (ESD). Battaglia et al. [4] and Goelder et al. [5] demonstrated that the SB knife is a safe and effective alternative for treating symptomatic Zenker’s diverticulum.

A 69-year-old woman presented with dysphagia. Her symptoms had started 3 years earlier. A barium swallow examination was performed and Zenker’s diverticulum was diagnosed (Fig. 1). Zenker’s diverticulotomy was performed with the patient under general anesthesia. We used a 9.8-mm diameter endoscope, an SB knife, a distal attachment cap, a metallic clip (HX-610-135; Olympus, Japan), and a nasoenteral feeding tube.

First, we passed the nasoenteral feeding tube through the esophagus. After grasp-
ing the mucosa, we applied a burst of coagulation current before grasping the tissue and dissecting it with Endo Cut Q, effect 3 (Erbe V300 D). We deployed the clip to prevent mucosal dissection and perforation (▶ Fig. 2). The procedure was completed without adverse events (▶ Video 1). The patient was discharged on the first postoperative day receiving liquids and enteral nutrition. After 7 days, the nasoenteral feeding tube was removed and the patient started a soft diet with no symptoms, and she remains without symptoms until the present date.

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Competing interests

The authors declare that they have no conflict of interest.

The authors

Epifanio Silvino do Monte, Edson Ide, Vitor Massaro Takamatsu Sagae, Igor Braga Ribeiro, Mateus Pereira Funari, Pedro Víctor Aniz Gomes de Oliveira, Eduardo Guimarães Hourneaux de Moura

Gastrointestinal Endoscopy Unit, Hospital das Clínicas da Faculdade de Medicina da Universidade de São Paulo, São Paulo, Brazil

Corresponding author

Igor Braga Ribeiro, MD

Gastrointestinal Endoscopy Unit, Hospital das Clínicas da Faculdade de Medicina da Universidade de São Paulo, Av. Dr Enéas de Carvalho Aguiar, 225, 6o, andar, bloco 3, Cerqueira Cesar, ZIP Code 05403-010 – São Paulo, SP, Brazil

Fax: +55-11-26616467

igorbraga1@gmail.com

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