

Mistakes in the management of gastric polyps and how to avoid them

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Mistakes In Articles

Digestive Oncology

Endoscopy

Stomach & H. Pylori

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Gastric polyps, found incidentally in up to 6% of upper endoscopies, present management challenges for clinicians who often lack confidence in their identification, characterization, biopsy decisions, and long-term management strategies.

KEY POINTS

- More than 90% of gastric polyps are asymptomatic and found incidentally at upper endoscopy, with a prevalence of up to 6%.
- Fundic gland polyps are most frequently seen in the Western world due to their association with proton pump inhibitor usage.
- In regions where *Helicobacter pylori* infection is prevalent, hyperplastic polyps and adenomas are more common and carry higher malignant potential.
- Endoscopists often lack confidence in endoscopic characterization, biopsy decision-making, sampling strategies, and longer-term management of gastric polyps.
- The British Society of Gastroenterology and European Society of Gastrointestinal Endoscopy provide guidelines with flowcharts for the management of gastric polyps.

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