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Summary

Best of UEG Week 2026 - Endoscopy with Giuseppe Vanella

Egle Dieninyte - Misiune

Podcast Episode

Endoscopy

October 28, 2026

UEG Week Barcelona featured endoscopy research shifting from technical feasibility toward patient outcomes, highlighted by trials on antibiotic duration in cholangitis and a comparison of endoscopic versus radiological biliary drainage in malignant hilar obstruction.

KEY POINTS

- The COBRA trial, a Dutch randomized study of over 400 patients, showed that one-day antibiotic courses after successful ERCP drainage for cholangitis produced similar clinical success to seven-day courses, with fewer adverse events in selected patients without immunocompromise or complex strictures.
- The TESLA trial demonstrated lower adverse events with interventional radiology compared to ERCP for malignant hilar obstruction, with cholangitis rates of 3% versus over 30%, though the radiological protocol was highly optimized and the endoscopy arm heterogeneous.
- Two Italian trials on underwater versus gas-assisted endoscopic submucosal dissection in Western settings reported improved or non-inferior resection rates, faster dissection times, and reduced bleeding with the underwater technique.
- The guest argued that a trend is emerging toward studies addressing clinical impact and patient-reported outcomes rather than purely technical performance, and emphasized the need for standardization, training pathways, and quality benchmarks as complex interventional endoscopy expands beyond high-volume expert centers.
- Clinicians and researchers in advanced therapeutic endoscopy, particularly those interested in biliary interventions, antibiotic stewardship, and endoscopic resection techniques, would benefit from this discussion.

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