

ENDOSCOPIC DILATION OF BENIGN OESOPHAGEAL STRICTURES: A LARGE MULTICENTRE EVALUATION OF REAL-WORLD PRACTICE

Jennifer Murray

UEG Week Berlin 2025

Poster

Oesophagus

October 4, 2025

A retrospective 11-centre UK study of 818 patients with benign oesophageal strictures found peptic aetiology most common (38%) and endoscopic dilation achieved success in 60.6% of patients within six months.

KEY POINTS

- Single-procedure success rate for endoscopic dilation was 43.9% (875/1994 procedures), while 60.6% of patients achieved success within six months of consecutive dilation sessions.
- Peptic strictures accounted for 38% of cases, followed by post-operative anastomotic (13%), post-radiotherapy (6%), post-operative non-anastomotic (6%), Schatzki rings (6%), and eosinophilic oesophagitis (5%).
- For successful dilation sessions, a mean of 2.2 dilations over a median of 15 weeks were required to achieve a lumen diameter of at least 14mm.
- The 39.4% failure rate may reflect inherent limitations of endoscopic dilation and suboptimal adherence to guidelines regarding dilation frequency, according to the authors.
- This material is relevant for gastroenterologists managing benign oesophageal strictures and those interested in contemporary UK practice patterns for endoscopic dilation.

VIEW THIS CONTENT ON GUTFLIX

<https://gutflix.eu/search/d/d45e1d48-a813-11f0-acd4-0242ac140006>



AI-generated summary

This summary was generated by an AI large language model based on the content transcript. It is for informational purposes only and should not be considered a substitute for clinical judgment. Always rely on your professional expertise and the full clinical context when making clinical decisions.