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ERCP (endoscopic retrograde cholangiopancreatography) and EUS (endoscopic ultrasonography) in diagnosis of choledocholithiasis – battle or cooperation?

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Abstract

Introduction: Diagnosis of choledocholithiasis, a common manifestation of gallstone disease, is mainly based on advanced endoscopic techniques such as ERCP and EUS. Since the 1970s, ERCP has been a key method in the diagnosis and treatment of choledocholithiasis, allowing direct visualization and therapeutic interventions. However, technological developments have brought the emergence of EUS as a complementary tool, providing high-resolution imaging of the bile ducts. Understanding the diagnostic accuracy, therapeutic options and complications of both modalities is key to optimizing the care of patients with bile duct stones.

2

Aim of the study: The aim of our study is to review and compare various diagnostic methods of bile duct stones, as well as to assess their effectiveness, accuracy, and potential complications.

Materials and methods: Electronic sources, particularly PubMed and Google Scholar databases, were searched using keywords such as "endoscopic ultrasonography", "endoscopic retrograde cholangiopancreatography" and "choledocholithiasis".

Conclusions: With the use of modern technologies, such as endoscopic ultrasonography (EUS) and retrograde choleangiopancreatography (ERCP), it has become possible to diagnose bile duct stones more accurately and introduce more effective and less invasive therapies. The development of the availability of diagnostic tests, especially those that do not require invasive procedures, has helped reduce the risk of complications. EUS may be the preferred tool of choice for patients with gallstones, as it is associated with a lower risk of complications compared to ERCP alone. Decisions regarding the use of specific diagnostic and therapeutic modalities should be made on a case-by-case basis, taking into account medical and economic considerations.

Key words: Cholangiopancreatography, Endoscopic Retrograde; ERCP; Endosonography; Bile ducts; Choledocholithiasis.

Introduction

Biliary duct stones are a hallmark of almost every general surgery or gastroenterology department in today's hospitals. The prevalence of this condition in the general population is between 15 and 20%. The mechanism of this disease is the deposition of deposits in the extrahepatic or intrahepatic bile ducts. In patients with gallbladder stones, the presence of stones in the bile ducts is diagnosed in about 20% of patients, and in those who have undergone cholecystectomy 3-10%. Gallstones can enter the ducts by a secondary route, that is, from the gallbladder through the cystic duct, blocking the flow of bile through the papilla of Vater, and by a primary mechanism, most often caused by bile stasis, in which they form in the common bile duct. [1]

Clinical manifestations

The symptoms of choledocholithiasis can follow a highly variable individual course. In some patients the course can be quite asymptomatic for many years and in others it can occur in the form of very sudden, life-threatening symptoms such as acute cholangitis or pancreatitis. Biliary colic, which results from blockage of the bile duct, can also be a harbinger of the disease. It is characterized by constant pain, lasting from several minutes to several hours. Patients localize it most often in the epigastrium and right upper quadrant of the abdomen. A typical symptom found in cases of acute cholangitis is Charcot's triad. It can be observed in 50-75% of patients with this condition. It manifests as pain in the right upper quadrant of the abdomen, fever with chills and jaundice. A fulminant course of the disease with hemodynamic instability and encephalopathy also occurs in 10% of patients. [2]. In severe forms of cholangitis, cases of the so-called Reynolds pentad have been described, in which symptoms such as septic shock and impaired consciousness are additionally observed in addition to the symptoms of Charcot's triad. [3]

ERCP

Since the 1970s, retrograde choleangiopancreatography (ERCP) has been considered the gold standard in the diagnosis and treatment of pancreatic and biliary diseases. Despite its considerable prevalence in the medical world, it is fraught with numerous complications. The examination itself involves the administration of contrast through Vater's papilla and then X-rays, in which the width, shape and cavities of the biliary and pancreatic ducts are assessed. It is considered an invasive method and is considered one of the more difficult in the diagnosis and treatment of biliary diseases. The above examination is performed in patients with suspected choledocholithiasis, pictured in Fig.1 and 2, in chronic pancreatitis and pancreatic cysts, primary sclerosing cholangitis (forms with so-called predominant stenosis, as in Fig.3) and in suspected proliferative processes of the biliary and pancreatic ducts. [4,5,6,7]



Fig. 1. A deposit in the common bile duct (arrow). (Source: Archives of the Endoscopy Laboratory of ZOZ Nysa)

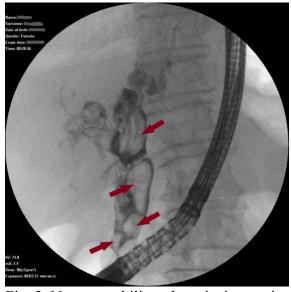


Fig. 2. Numerous biliary deposits in a patient with choledocholithiasis (arrow). (Source: Archives of the Endoscopy Laboratory of ZOZ Nysa)

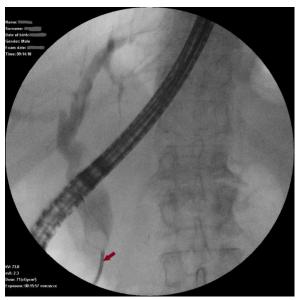


Fig. 3. Stenosis of the common bile duct (arrow). (Source: Archives of the Endoscopy Laboratory of ZOZ Nysa)

The European Society of Gastrointestinal Endoscopy (ESGE) guidelines define the definitions and frequency of complications associated with ERCP. The most common complication of the study we describe is pancreatitis. ESGE defines it as the occurrence of a new or worsening of already existing abdominal pain accompanied by a threefold increase in blood amylase or lipase activity above the upper limit of normal >24 hours after the test, which was associated with hospital admission or prolonged hospitalization. The second most common complication is cholangitis, which is diagnosed in about 0.5-3% of patients. They are characterized by a fever of >38 degrees C for more than 24 hours as a new symptom along with associated cholestasis. Gallbladder inflammation after ERCP is as common as cholangitis. Patients may then show general systemic signs of inflammation, physical signs of inflammation in the right upper quadrant of the abdomen and, on imaging studies performed, typical features of cholecystitis. During the examination, there may also be perforation of the gastrointestinal tract examined, accompanied by the presence of gas or intestinal contents outside the gastrointestinal tract, and bleeding accompanied by vomiting of bloody contents, tarry stools and a decrease in hemoglobin of >2g/dl. [8]

EUS

EUS, or endoscopic ultrasonography, is another method used for patients with biliary complaints. It is now considered a very good and safe method for both diagnosis and treatment. EUS examination is technically similar to gastroscopy, being performed using a

suitable endoscope with an additional ultrasound transducer inside. It allows the operator to evaluate the walls of the gastrointestinal tract and adjacent structures. It also allows simultaneous cytological and histological biopsy, decompression of the biliary and pancreatic ducts, and drainage of cysts and abscesses. In addition, EUS provides the opportunity to administer substances that have a destructive effect on tumor tissue and to insert applicators after brachytherapy. [1,9] Studies have shown that endoscopic ultrasonography has a sensitivity of 94% and specificity of 95%. However, it is not possible to say unequivocally whether these parameters of ultrasound endoscopy depend on the dimensions of the deposits shown in Fig.4 and Fig.5. [10,11] Due to the use of ultrasound waves at a higher frequency than in standard ultrasound, the proximity of the transducer to the examined structures made it possible to obtain images with particularly high resolution.

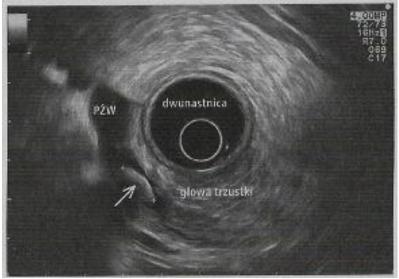


Fig. 4. A deposit in the terminal segment of the common bile duct (arrow). (Source: Szczeklik A, Gajewski P. Interna Szczeklika. Medycyna Praktyczna. Krakow 2022; IIIB(4) 4:993-1005)

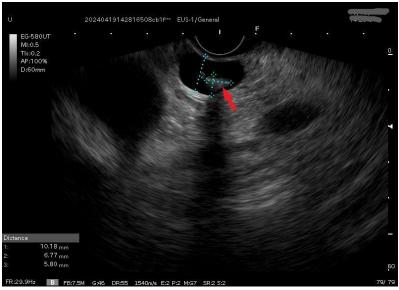


Fig. 5. Gallstone in a patient with choledocholithiasis (arrow). (Source: Archives of the Endoscopy Laboratory of the Nysa ZOZ)

Endoscopic ultrasound, like any specialized examination, can carry negative consequences, which are mainly related to the use of the endoscopic tube. Listed are cardiopulmonary complications related to sedation and analgesia, infectious infections related to inadequate preparation of the equipment or the procedure itself, sometimes pain, bleeding and perforations, especially in anatomically altered sections of the upper gastrointestinal tract, such as Zenker's diverticulum, esophageal stricture or in a neoplastic lesion. [12]

Simultaneous performance of EUS-ECPW procedures for diagnostic and therapeutic purposes

In the past, when ERCP was the leading diagnostic method, when gallstones were found, the examination was converted. Then, in addition, removal of the deposits preceded by incision of the sphincter of Vater's papilla was performed. In the case of EUS examination, it is performed only for diagnostic purposes. It has begun to be considered to perform simultaneous EUS examination with surgical ERCP with removal of deposits, as shown in studies. [13,14] This strategy has now been adopted as the most desirable diagnostic and therapeutic method in bile duct stones. With such a procedure, the number of unnecessary ERCPs is reduced by more than half and, at the same time, the associated complications, the time of performing the examinations, as well as the time of hospitalization (by an average of 2.5 days in a comparison including separate procedures). At the same time, the cost of the procedure is reduced, as well as the dose of sedation to be used for premedication, which is particularly important in elderly patients. [15,16,17] Those who are qualified for this method

are patients at high risk of common bile duct stones, post-cholecystectomy patients, pregnant women and non-operative patients. Performing endoscopic ultrasound (EUS) before the retrograde cholangiopancreatography (ERCP) procedure makes it possible to predict the anticipated complexity of the ERCP procedure. As a result, physicians are able to plan in advance for the use of additional techniques, such as balloon plication, lithotripsy or cholangioscopy. [18,19]

Unfortunately, in addition to its disadvantages, the simultaneous EUS-ECPW procedure has numerous drawbacks. Not every physician performing EUS is simultaneously qualified and experienced in ERCP. The examination time may then be extended in favor of finding another specialist. There are some hospitals where the simultaneous EUS-ECPW method will turn out to be more expensive than the one using only ERCP, which is determined by the individual's method of calculating costs. [20,21]

Comparison of ERCP and EUS

EUS has a high sensitivity (94%) and specificity (95%) in detecting biliary tract stones (ERCP has a sensitivity of 90% and specificity of 98%). The use of EUS to isolate patients in need of therapeutic ERCP promises a lower risk of complications compared to the use of ERCP not only for the diagnosis, but also for the treatment of stones. There is a decrease in the risk of complications associated with ERCP, resulting from a two-thirds reduction in patients with simultaneous EUS-ECPW. [22,23,24] Although complications associated with ERCP are relatively rare, they can be life-threatening. Endoscopic ultrasound has lower direct costs compared to ERCP, but simultaneous EUS-ECPW requires significantly more endoscopic procedures than those based on ERCP alone. In addition to its excellent diagnostic efficacy, endoscopic ultrasonography may have additional benefits in identifying causes of biliary obstruction other than stones. [25,26,27]

Summary

Recent years have brought significant advances in the medical field, particularly in the context of diagnosis and treatment of biliary disorders. The use of advanced technologies, such as endoscopic ultrasonography (EUS) and endoscopic retrograde choleangiopancreatography (ERCP), has not only enabled precise diagnosis of bile duct stones, but also opened the door to more effective and less invasive therapeutic procedures. The trend of increasing availability of diagnostic tests, especially non-invasive ones, is

characterized by minimal risk of adverse effects, which is noticeable in contrast to invasive procedures. EUS may be a more beneficial tool in selecting patients with gallstones than ERCP alone, offering a lower risk of complications. [28,29] In light of the principle "salus aegroti suprema lex esto - the welfare of the patient is paramount," decisions regarding the use of specific diagnostic and therapeutic methods should be made on a case-by-case basis, taking into account both medical and economic aspects. Advances in the field of endoscopy offer hope for improving the quality of life of patients with biliary diseases, representing an important step in improving health care. [1,9,30,31,32]

Author's contribution

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