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Role of mucosal colonic biopsy in patients with chronic unexplained diarrhea

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Objective: There are controversies about the importance of biopsies of normal colonic mucosa in the investigation of patients with chronic diarrhea so the aim of our work to evaluate the significance of mapping biopsy and its yield in patients of apparent endoscopically normal colon who are investigated for chronic diarrhea and to discover the prevalence of hidden diseases.

Methods: Of 300 consecutive patients undergoing colonoscopy by one endoscopist during a five year period, biopsies were taken in 200 cases of unexplained diarrhea of at least 4-6 weeks and their colorectal mucosa appeared macroscopically normal. All biopsies were reviewed by one pathologist.

Results: Of the 200 patients enrolled, 36 (18%) cases were classified as no pathological diagnosis and 164 (82%) cases showed histopathological changes: 121 (73.78%) non-specific inflammation, 19 (11.58%) ulcerative colitis, 11 (6.7%) collagenous colitis, 7 (4.26%) lymphocytic colitis and 6 (3.65%) bilharzial colitis.

Conclusion: From the obtained results, we can conclude that the role of biopsies in chronic diarrhea patients with macroscopically normal colon at endoscopy is high as yielding a histological diagnosis in 26.21% of patients

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