

## Effect of rubber band ligation of esophageal varices on gastroesophageal reflux

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### Abstract

**AIM:** The esophageal varices bleeding is the most severe complication of portal hypertension. The main cause is portal hypertension. But the esophagitis may also be one of the most important factors. Our aims was to investigate the effect of rubber band ligation of esophageal varices on gastroesophageal reflux.

**METHODS:** We use 24-h esophageal pH monitoring to study 22 patients with esophageal varices before and 2-3 wk after operation.

**RESULTS:** (1) The incidence of gastroesophageal reflux are 68.1% before and 22.7% after operation ( $P < 0.005$ ). (2) Number of reflux episodes longer than 5.0 min are  $9.0 \pm 8.81$  and  $3.2 \pm 2.8$  ( $P < 0.05$ ). (3) Total times pH below 4.00 are  $373.7 \pm 185.7$  and  $190.8 \pm 150.6$  ( $P < 0.01$ ). (4) The incidence of reflux are 42.8% (3/7) in moderate esophageal varices and 73.3% (11/17) in severe ( $P > 0.10$ ). But the number of reflux episodes between the 2 groups has statistic difference ( $P < 0.05$ ).

**CONCLUSIONS:** (1) There are gastroesophageal reflux in cirrhosis with esophageal varices. (2) The rubber band ligation of esophageal varices can decrease gastroesophageal reflux and it is an effective method. (3) Esophageal varices may affect the function of the esophagus and cause gastroesophageal reflux.

**Key words:** Rubber band ligation; Esophageal varices; Gastroesophageal reflux

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