

## Oesophageal bezoar induced by black beans successfully removed by associating endoscopy and oral sodium bicarbonate

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### To the Editor,

Bezoar in the oesophagus is infrequent. There is no report about raw black beans as possible cause. Black beans are the folk prescription for treating chronic constipation in China. We report a case of oesophageal bezoar in a patient with normal oesophagus.

A 77-year-old man with hypertension and diabetes presented to our hospital because of abdominal pain with nausea and vomiting since 3 days. He developed also slightly right-sided hemiparesis since 2 days. The preliminary diagnoses were cerebral infarction and intestinal obstruction. The condition of the patient improved, but he still had abdominal pain and moderate fever as soon as he ingested food and an aspiration pneumonia was diagnosed. The upper gastrointestinal tract endoscopy revealed a hard and nodular concretion causing a complete obstruction of the oesophagus at about 25 cm from the incisors (Fig. 1). The patient told that he swallowed raw black beans in the morning since one month, which is a folk prescription to treat chronic constipation in China. Manoeuvres were attempted to dislodge the bezoar by using different devices such as biopsy forceps, rat-tooth forceps, and polypectomy snare without successful removal, but the bezoar was slightly fragmented (Fig. 2). We ordered the patient to drink a 5% NaHCO<sub>3</sub> 250 ml solution per day and gave PPI (proton pump inhibitor) intravenously every day. After three attempts we succeeded in removing the bezoar and the patient experienced immediate relief of his symptoms.

Bezoars can be found in other locations (1,2,3), but oesophageal bezoar is rare. Folk prescriptions are widely used in China to treat diseases because many people think they are cheap and safe. However, their possible side effects are serious, even deadly, and should be paid attention. This case illustrating the rare, yet possible cause of oesophageal bezoar should be kept in mind.

The authors state that they have no Conflict of Interest.

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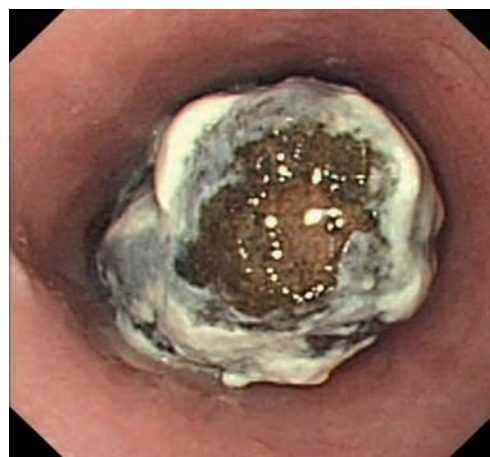


Fig. 1

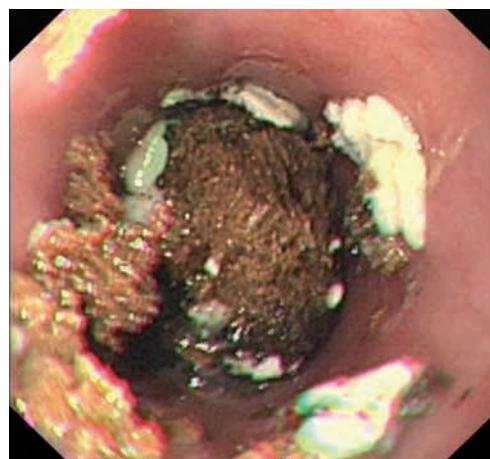


Fig. 2

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