

Abstract:

OBJECTIVE: To evaluate the results of endoscopic variceal band ligation (EVBL) in the local set-up. **DESIGN:** Retrospective analysis of data of all patients who had EVBL. **SETTING:** Patients having EVBL at the office endoscopy suite. The Nairobi Hospital, the Aga Khan Hospital and M.P. Shah Hospital. **METHODS:** The varices were diagnosed at oesophagogastroduodenoscopy (OGD) in patients with hematemesis and EVBL performed after xylocaine throat spray and intravenous pethidine and benzodiazepam sedation. Majority of the patients had EVBL performed on an outpatient basis on weekly intervals until variceal obliteration. **RESULTS:** A total of 43 patients underwent 119 EVBL sessions at which 523 varices were banded. Four patients had active bleeding and the rest had EVBL for secondary prophylaxis. The variceal kill time was shorter and the transfusion requirements were less and none of the patients developed oesophageal strictures. **CONCLUSION:** Endoscopic variceal band ligation was noted to give better results in the management of patients with oesophageal varices in the local set-up, when compared to sclerotherapy in the past.