Parkinsonism and Related Disorders

Per-oral image guided gastrojejunostomy insertion for levodopa-carbidopa intestinal gel in Parkinson's disease is safe and may be advantageous --Manuscript Draft--

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Abstract:	Background	
	Procedural aspects and complications of gastrojejunostomy insertion are important considerations in the use of levodopa-carbidopa intestinal gel therapy (LCIG) and may limit uptake. We describe our experience of using per-oral image guided gastrojejunostomy (PIG-J) which avoids the need for endoscopy and routine sedation in percutaneous endoscopic gastrojejunostomy (PEG-J) and allows more secure tube placement than radiologically inserted gastrojejunostomy techniques.	
	Methods	
	We describe a case series of 32 patients undergoing PIG-J insertion for LCIG therapy in a single centre. Under local anaesthetic, a fluoroscopy-guided gastric puncture allows access for the guidewire which is then used to pull through the gastrostomy tube allowing for secure fixation, followed by placement of the gastrojejunal extension.	
	Results	
	Between December 2015 to April 2020, 32/34 patients referred for PIG-J underwent this procedure successfully, 2 cases unsuccessful due to technical considerations. One patient developed delirium following successful implantation. Ten patients (31%) required a replacement tube due to blockage or displacement within the first 12 months of placement, including 2 patients who needed more than one replacement. Minor complications occurred in 10 other patients (31%), including infection (9 patients); a small haematoma not requiring intervention who later developed an infection (1 patient); and peri-stomal acid leakage (1 patient).	
	Conclusion	
	In summary, PIG-J insertion is safe with a similar complication rate to traditional PEG- J, well tolerated and effective for use in LCIG administration. This may widen access to I CIG for PD patients who may not be suitable or unable to tolerate PEG-1	

Per-oral image guided gastrojejunostomy insertion for levodopa-carbidopa intestinal gel in Parkinson's disease is safe and may be advantageous

1. Per-oral image guided gastrojejunostomy insertion in Parkinson's disease is safe.

2. Per-oral image guided gastrojejunostomy insertion allows for effective long-term delivery of levodopa-carbidopa intestinal gel in Parkinson's patients.

3. While offering more secure tube placement than traditional radiological techniques, this method may have advantages over endoscopic techniques by avoiding sedation, the burden of endoscopy, have a higher technical success rate and offer a route of therapy for otherwise ineligible patients.

Per-oral image guided gastrojejunostomy insertion for levodopa-carbidopa intestinal gel in Parkinson's disease is safe and may be advantageous

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ABSTRACT

Background

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Between December 2015 to April 2020, 32/34 patients referred for PIG-J underwent this procedure successfully, 2 cases unsuccessful due to technical considerations. One patient developed delirium following successful implantation. Ten patients (31%) required a replacement tube due to blockage or displacement within the first 12 months of placement, including 2 patients who needed more than one replacement. Minor complications occurred in 10 other patients (31%), including infection (9 patients); a small haematoma not requiring intervention who later developed an infection (1 patient); and peri-stomal acid leakage (1 patient).

Conclusion

In summary, PIG-J insertion is safe with a similar complication rate to traditional PEG-J, well tolerated and effective for use in LCIG administration. This may widen access to LCIG for PD patients who may not be suitable or unable to tolerate PEG-J.

Introduction

Levodopa-carbidopa intestinal gel (LCIG) is an effective treatment in the complex stage of Parkinson's disease (PD), improving motor and non-motor symptoms, activities of daily living and quality of life. A major consideration, in this often elderly and relatively frail patient group, is the gastrojejunostomy required for insertion of the drug delivery tube.

Percutaneous endoscopic gastrojejunostomy (PEG-J) is the method most commonly used in this setting, the trans-oral route allowing for the placement of tubes with an internal flange (a soft disc) to secure the device. In contrast to an approach requiring endoscopy, interventional radiologists have developed techniques for insertion of a gastrostomy or gastrojejunostomy under fluoroscopic guidance (referred to as radiologically inserted gastrostomies/gastrojejunostomies (RIG-J)). Developed primarily for inserting feeding tubes, the tubes are placed directly through the gastrostomy and use either a balloon or pig-tail end

to secure their placement, and show a higher technical success rate in motor neurone disease patients.[1]

However, balloon or pig-tail catheters used in RIG-J placement have a higher risk of the tube becoming dislodged than tubes fixed more securely with a solid internal flange, as the pigtail may unravel or the balloon lose volume or burst leading to displacement. A variation on this technique is the per-oral image guided gastrojejunostomy (PIG-J), which allows the insertion of the tube with the more secure solid fixation device. This is done by puncturing the stomach under fluoroscopic guidance, passing a guidewire through the gastro-oesophageal junction and through the mouth before pulling the tube back through into place.

PIG for LCIG

Figure 1 – Pictures of the different tube fixation devices[2], with the upper tube has an internal flange which is used in PIG-J and PEG-J insertion (Fresenius Bad Homburg, Germany) and the lower picture shows the internal balloon fixation device which is used in RIG-J insertion (Medical Innovations Corporation, Milpitas, California):

Despite lack of evidence supporting the use of one over the other,[3] the PIG-J technique has potential advantages over the PEG-J method: (i) Sedation is not routinely required, reducing the risk of hyper-acute complications especially as many advanced PD patients are frail with significant co-morbid conditions; (ii) The higher technical success rate reported in RIG-J would also be expected due to the benefits of image guidance, in addition to a reduction in risk of bowel perforation, or injury to solid viscera (iii) Endoscopy is burdensome and not required by PIG-J (iv) The jejunal extension can be accurately placed under direct imaging, avoiding the issues with kinking or displacement observed with endoscopic placement.

In light of these potential advantages, we started to use the PIG-J for implantation of the gastrostomy tube for the administration of LCIG in our patients with PD. In this paper, we present the results of our centre's experience with this technique for the administration of LCIG.

Methods

Setting, patient selection and data collection

The movement disorder department in North Bristol NHS trust serves as a tertiary referral centre for a large geographical area including but not limited to the South-West of the UK, offering device-aided therapies for PD patients with significant motor fluctuations despite optimal medical therapy. LCIG is offered in selected cases when apomorphine and deep brain stimulation are either unsuitable or ineffective, with strict eligibility criteria as outlined by the NHS commissioning criteria employed in the UK.

In selected cases where the potential benefits are borderline, patients are admitted for a trial of LCIG administered through a nasojejunal tube to demonstrate a beneficial response to treatment before gastrojejunostomy insertion. In addition to regular clinic appointments, all patients at our centre are given a direct line number for the Specialist nursing team for any urgent issues. All patient encounters are recorded in the clinical notes and radiological procedures are recorded on the picture archiving and communication system, which were reviewed for this case series.

Per-oral image guided gastrostomy technique

The procedure is explained to the patient prior to obtaining informed consent. The patient is starved for 6 hours before the procedure, no other bowel preparation is required and sips of water with oral medications are allowed. Routine sedation and antibiotics are not required, although a venous cannula is inserted in case a bolus of light sedation is needed (midazolam). An abdominal ultrasound is performed in the radiology suite to ensure the liver is not overlying the stomach. The patient is placed supine and the pharynx is numbed with a local anaesthetic spray. An 8Fr nasogastric tube is placed and the stomach inflated with 100ml air. Under fluoroscopic guidance, local anaesthetic is injected and the stomach punctured with an

access needle and intraluminal position is confirmed with contrast, followed by insertion of a 4Fr sheath over guidewire. Under fluoroscopic guidance, a catheter and hydrophilic guidewire are passed retrogradely through the gastro-oesophageal junction, and out through the mouth. The hydrophilic wire is replaced with a 260cm stiff guidewire. The Catheter and 4Fr sheath are removed, and replaced with a 90cm 6Fr sheath, which passes through abdominal wall, stomach and oesophagus and exits the mouth. The "pull string" of the Freka gastrostomy is passed through the sheath and attached to the gastrostomy tube. The gastrostomy tube is then pulled through the mouth into its final position, removing the string and sheath with the same manoeuvre. The gastrostomy is now fixed within gastric lumen with the internal flange, and externally with a "bumper" clip that fits around the outside of the tube. Under fluoroscopic guidance, a catheter and hydrophilic guidewire (reused from the first part of the procedure) are passed in through the gastrostomy tube and manipulated through pylorus and duodenum to the duodenojejunal (DJ) flexure. The hydrophilic guidewire is exchanged for the stiff guidewire (again reused) and a 9Fr coaxial Freka gastrojejunal extension tube placed over guidewire through the gastrostomy tube to the proximal jejunum. The guidewire is removed and the tube cut to length externally, then connectors attached, giving a separate gastric and jejunal port. The procedure usually takes 30-45 minutes with 10-15 minutes screening time and radiation dose in the region of 20mGy (0.5 mSv, equivalent to around 3 months of the average natural background radiation in the UK).

Results

All participants undergoing a PIG-J insertion between December 2015 to April 2020 were included in this study - see table 1 for demographics and procedure related complications. Thirteen had efficacy data such as diary recordings available at 12 months. Thirty-two out of 34 patients referred underwent this procedure successfully. One procedure was abandoned

due to technical considerations; no safe puncture site was possible past the large bowel overlying the gastric antrum; and the other was converted to gastrostomy due to suspected injury to the transverse colon when attempting the gastric puncture. The patient recovered well without systemic sequelae or further complications, and responded well to LCIG therapy which is ongoing. Repeat clinical assessments at 1 year follow-up were available in 13 patients at the time of writing.

As expected, the most common complications were stoma-site infections and displaced tubes. During the follow-up period, 13 patients were suspected of having a stoma-site infection of which 9 were confirmed and treated with antibiotics. Of the 9 patients who required a tube replacement, one required 2 replacements and another had 3 replaced. Shortly after the procedure, one patient had a small haematoma which did not require intervention and one patient developed inflamed skin around the stoma site caused by acid leaking around the tube. A short course of a high dose proton pump inhibitor resolved this issue and the patient has had no further problems in the subsequent 2 years.

During the follow-up period, 1 patient died of unrelated co-morbidities and 4 patients ceased LCIG therapy: one patient with known cognitive impairment pulled out their tube during a confusional episode despite good motor symptom control; one developed a peripheral neuropathy due to B12 deficiency; one patient found the pump an annoyance; and one patient experienced abdominal discomfort with no identifiable gastro-intestinal complication.

Discussion

Per-oral image guided gastrojejunostomy insertion for levodopa-carbidopa intestinal gel is safe and well tolerated in this small cohort of patients with advanced Parkinson's. The rate of complications is comparable to reported rates for similar procedures in this patient group.[4, 5] The size of this cohort, and length of follow-up, precludes any firm conclusions being drawn as to the potential advantages of this technique. However, based on this preliminary data, we propose that this implantation technique warrants further investigation as it has the potential to reduce procedure failures and may also widen access to LCIG therapy for patients in which PEG-J is unsuitable or not tolerated. We suggest that the potential advantages inferred from radiologically guided tube insertions in other patient groups may benefit the PD population and are worth further exploration. While offering secure tube placement, this technique avoids sedation, may have a higher technical success rate and offer a route of therapy for otherwise ineligible patients.

Innovations within the field of interventional radiology continue to offer alternative solutions to an increasing number of surgical procedures, in many cases replacing them and becoming the standard of care. PEG has largely replaced surgical gastrostomy since its publication in 1980, with RIG techniques starting to be pioneered shortly thereafter.[6] Most centres use PEG as the first choice option, the most common indication being enteral feeding, with RIG reserved for those who are not suitable for the endoscopic route. In older patients, there is good evidence available for safety of these procedures in the context of patients with motor neurone disease (MND), stroke and dementia.[4, 7] RIG procedures are now often preferred in patients with MND who require enteral feeding, as it has similar safety profile,[1] a higher technical success rate and an advantage of avoiding the risks of ventilatory failure associated with the sedation needed for PEG.

In our centre, interest in this alternative technique was based on a failed PEG-J insertion and subsequent successful PIG-J insertion. The interventional radiologist (NC) had experience and expertise in this technique in similar elderly and frail patient groups with good results and offered to take on this service. In part due to patient feedback, and also the potential advantages of this technique, it has now become the standard of care in our centre for LCIG administration.

Our technique is similar to that published by Montgomery et al.,[8] this hybrid technique potentially offering the benefits of an image guided procedure with the more robust tube device.

There are multiple studies which have demonstrated the long-term safety of PEG-J for LCIG, but the rate of gastrointestinal complications both minor and major remains frequent.[9-13] The largest published study of LCIG administration in Parkinson's included 324 cases undergoing PEG-J insertion within the comparable 12 month follow-up, reporting procedure or device related adverse events in 68.5% of patients, primarily complications of device insertion (33.6%), abdominal pain (26.5%), procedural pain (20.4%), and most seriously pneumoperitoneum (5.9%).[14] More recently, the Greenfield study of a 145 cases of LCIG administered via PEG-J with a mean follow-up of 2.8 years, which reported a device related complaints in 37.2% of the cohort.[13] In each of these cohorts, as is our experience, the complications are rarely serious and the benefits of the therapy outweigh the risks.

The major limiting factor in the use of RIG-J in the administration of LCIG is the potential for high occlusion rates due to the smaller tubes required and the less reliable internal fixation. Intuitively, as the tube device is the same for the PEG-J and the PIG-J techniques (and indeed the similar pull-through method), one would expect a similar rate of tube related complications. To our knowledge, there is a single published paper comparing the outcomes of RIG-J and PEG-J for the use of LCIG, with the authors describing the placement of pigtail retaining 14Fr tube.[5] Despite a lack of significant difference, potentially due to the small numbers, there was a trend to a higher rate of tube replacements in the RIG-J group. They described 42 replacement tubes in 30 patients (1.4 tube replacements per patient) in the PEG-J group compared to 29 replacements in 12 patients (2.4 tube replacements per patient) in the RIG-J group. With a similar follow-up period (15.6 months vs 16.8 months), the frequency of tube replacements using the PIG-J method in this 32-patient series was less than required using the RIG-J procedure (13 vs 29, chi-squared p<0.001).

An alternative to the above described techniques is direct percutaneous endoscopic jejunostomy (DPEJ). With the stoma inserted directly into the jejunum, this is thought to provide more stable access and thus require fewer repeat interventions than PEG-J or PIG-J. However, this has a relatively low placement success rate (around 85%), is more technically challenging and requires at least moderate sedation.[15]

In summary, our case series shows that PIG-J insertion is safe, well tolerated and an effective method for use in LCIG administration. Further studies are required to investigate its superiority over the endoscopic technique and to establish long-term safety and efficacy.

Ethics

Formal ethical approval was not required.

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Author Roles

Data collection, manuscript editing - LM, LC, MS, MR, KSK

Study design, data collection and manuscript editing - AW, NC

Study design, data analysis and manuscript writing and editing - FB, MB

Conflicts of interest

No conflicts of interest declared by any of the authors.

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Domographics and alinical assassments	
Tetal new han a function to (n)	22
I otal number of patients (n)	32
Age at PIG-J insertion in years (mean (SD))	66.9 (8.4)
Female gender (n (%))	14 (43.8)
Disease duration from diagnosis in years	16.0 (5.7)
(mean (SD))	
'Off' UPDRS III score at baseline (mean	45.8 (8.8)
(SD))	
'On' UPDRS III score at baseline (mean	24.2 (8.6)
(SD))	
Mean off time in hours at baseline (mean	7.2 (3.3)
(SD))	
Follow-up duration in years (mean (SD),	1.3 (0.9), 0.2 to 3.3
range)	
Mean off time reduction (in hours) from	5.5 (3.8) ^d
baseline to 12 month follow-up (mean (SD))	
Cognitive score at onset ^a	9.0 (3.3)
Depression score at onset ^b	14.5 (6.6)
Minor procedure related complications	
(no tube replacement required):	
- Stoma site infections (n (%))	9 (28%)
- Peri-stomal leakage (n (%))	1 (3%)
Major procedure related complications:	
- Number of patients requiring tube	10 (31%)
replacements (n (%))	
- Time to first tube replacement in	12.0 (5 to 40)
months (median (range))	
Any other complications*	1 small abdominal haematoma, 1 peripheral
	neuropathy, 1 tube removed by patient with
	cognitive impairment, 1 non-specific
	abdominal pain
	L 1

Table 1 – Demographics and complications of all patients in case series

Only patients with successful PIG-J are included.

^aMattis Dementia Rating Scale-2 age and education corrected score (higher scores represent better cognitive function). ^bBeck's Depression Inventory II (higher scores represent greater levels of depression). ^cIncluding dislodged and blocked tubes. ^dData available from 13 patients. * 2 procedures abandoned: 1 converted to gastrostomy due to suspected injury to the transverse colon when attempting the gastric puncture, 1 abandoned due to anatomical unsuitability for percutanueous gastrostomy (transverse colon overlying the front of the stomach)

