

*Letter to the Editor*

## Overcoming a small mouth opening

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**TO THE EDITOR:** Sir, we would like to report the method we used on emergency in order to overcome a small mouth opening in a patient with restricted incisal opening due to an underlying connective tissue disorder.

A 67-year-old patient with a history of myositis was admitted to the Internal Medicine Department with symptoms of impaired swallowing for the last two months. Gastroenterological consultation was made and a barium follow through study and an upper endoscopy was requested.

During endoscopy, we were unable to insert different types of commercially available mouthpieces in the patient's mouth due to a small incisal opening related to myositis (Figure 1). The patient's teeth were very sharp and no pediatric endoscope was available for use. On that emergency case, a cardboard mouthpiece used for spirometry was reshaped (Figure 2) and inserted without difficulty in the patient's mouth (Figure 3). Upper endoscopy was performed uneventfully with a regular gastroscope and the patient was discharged with instructions for liquid and soft solid diet (Figure 4).

To the best of our knowledge this is the first report on the use of such technique in the absence of special designed mouthblock for adult patients with small mouth opening due to connective tissue disorders who need upper gastrointestinal endoscopy with an adult type endoscope.

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**Figure 1.** Due to a small incisal opening, a regular mouthpiece could not be inserted in the patient's mouth.



**Figure 2.** A cardboard mouthpiece used for spirometry was reshaped.



**Figure 3.** The reshaped cardboard mouthpiece was inserted without difficulty in the patient's mouth.



**Figure 4.** Upper endoscopy was performed uneventfully.