

# Mesenteric stretch during colonoscopy

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Development of pain during colonoscopy is frequently attributed to distension of the colon and stretch of the colon wall. In reality, substantial volumes of gas would be required to insufflate the colon to the degree at which the colon stretches. Pain during colonoscopy is common and arises mainly because of stretch of the adjoining mesentery. Looping of the intestine is a frequent event during colonoscopy. The loop corresponds to a coil, which means that the mesentery adjoining the loop must form a spiral. It thus resembles the anatomical arrangement seen in volvulus. Attempts to advance the endoscope beyond a coil will place both the intestine and mesentery central under stretch. Stretch of the mesentery leads to severe colicky abdominal pain, often accompanied by bradycardia. An understanding of the anatomical basis of loop formation enables the endoscopist to take appropriate preventative or corrective measures. -

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