You are performing an upper endoscopy for proton pump inhibitor refractory dyspepsia in a 67-year-old man. He has mild hypertension and hyperlipidemia, both of which are well controlled on medication. He has a history of heavy alcohol use in the past but has been abstinent for the past 10 years. He denies, melena, hematochezia, or weight loss. On retroflexion, you see the following (image). Your next step is:

A. Perform bite-on-bite biopsies
B. Perform an endoscopic mucosal resection (inject and snare)
C. Perform snare biopsy and check a serum gastrin
D. Perform an endoscopic ultrasound of the lesion

Answer: D
This is a subepithelial lesion in the gastric fundus/cardia. The differential diagnosis for a lesion in this area includes gastric varices (which this turns out to be). Therefore, further evaluation is warranted prior to sampling. Choices (a) and (b) are inappropriate without further investigation as the results could be catastrophic. Choice (c) would be reasonable if this were part of a broader picture of thickened gastric folds. The folds shown in this image are of normal size.