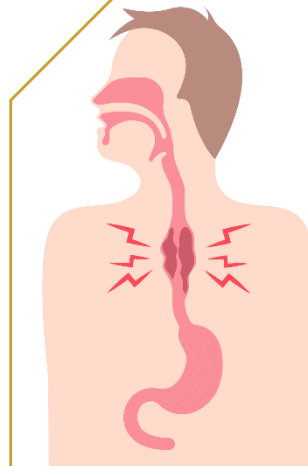




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مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Peroral Endoscopic Myotomy "POEM"



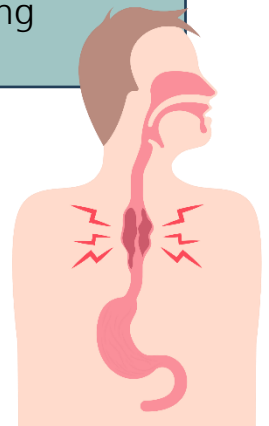
What is Peroral Endoscopic Myotomy?

It is a minimally invasive procedure used to treat a condition known as **achalasia**, which refers to the absence of any transcutaneous incisions and often causes much less pain, along with providing the possibility of a short hospital stay and faster recovery from other more invasive surgeries.

What is achalasia?

Achalasia is a medical term that refers to an abnormality of the esophagus in which it becomes difficult for the person suffering from it to swallow any type of food.

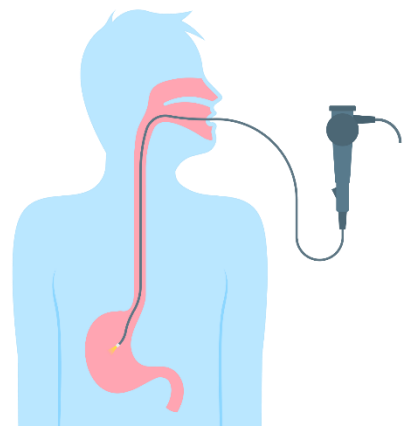
The POEM procedure can also help treat other disorders associated with swallowing



What happens during the POEM

procedure?

The myotomy procedure can be performed under general anesthesia after a thorough evaluation of the patient, as it is a minimally invasive procedure. No incisions are made through the skin; instead, a special endoscope "a flexible tube equipped with a camera" is passed through the mouth and extended to the end of the esophagus. This allows the surgeon to view the internal structures and work smoothly. With the help of the endoscope, the surgeon can use a knife to make an incision in the inner layer of the esophagus to form a tunnel.



What happens during the POEM

procedure?

Additionally, the adjacent muscle layers along the side of the esophagus, as well as the lower esophagus and the upper part of the stomach, are surgically removed. After the necessary muscle layers are removed and the submucosal tunnel is constructed, the upper incision is cut. This procedure will allow food to pass naturally through the esophagus into the stomach, relieving the obstruction.

What happens after POEM procedure?

After the procedure is successfully performed, patients are placed under continuous monitoring, and their health status is assessed for post-operative care. During the hospital stay, risk evaluation and recovery can be conducted through imaging tests. A barium X-ray test may provide valuable insight into the passage through the esophagus and ensure the unrestricted flow of food into the stomach.

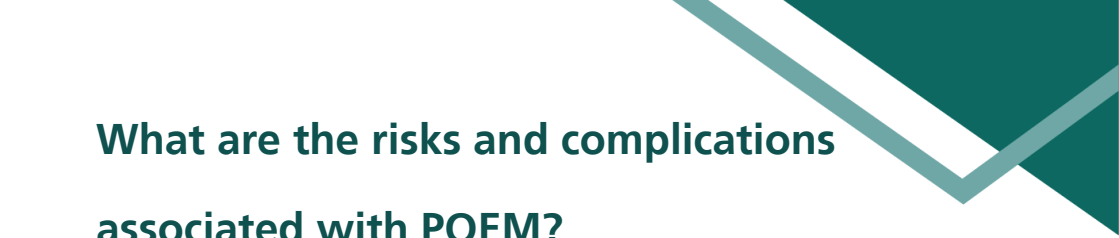


What are the risks and complications associated with POEM?

Although the POEM procedure is a minimally invasive procedure and is generally considered safe, there are some complications associated with this procedure. While such postoperative complications and risks are rare, there is still little chance of their occurrence. Complications and risks associated with POEM may include :

- Tears in the lining of the esophageal mucosa
- Bleeding infection due to injury
- esophagitis
- Lung collapse or pneumothorax
- Pneumomediastinum “a condition in which air is in the mediastinum, the space between the lungs”.






What are the risks and complications associated with POEM?

An additional issue that may arise after a myotomy procedure is gastroesophageal reflux disease (GERD), where there is significantly reduced resistance to the flow of stomach acid into the esophagus. However, this issue can be effectively managed with the help of medications that target the prevention of acid reflux.

Is POEM procedure safe?

It is a safe and effective procedure that offers better long-term results compared to most other treatments for achalasia or other conditions causing dysphagia.

Complications are possible, but they are rare and can typically be managed with the help of endoscopy.



Is POEM procedure painful?

Patients are unlikely to feel pain during the procedure as it is usually performed under general anesthesia. There may be some discomfort or pain after the procedure or during swallowing in the first few days, but most patients recover quickly.

How long does the POEM procedure take?

The myotomy procedure may take [around 2-3 hours](#) to complete, including the administration of general anesthesia before the surgery and the myotomy itself.



References and Resources:

All pictures used from canva.com

Review and Audit:

The content of this brochure has been reviewed by the consultants of the Gastroenterology and Endoscopy Department at King Fahd University Hospital.

Gastroenterology & Endoscopy Department

Health Awareness

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