

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a Gastric Per Oral Endoscopic Myotomy (G-POEM). A link to your procedure information is available at My Duke Health. Please review your procedure information to prepare for your procedure. Your stomach must be empty for this procedure. Follow these preparation instructions to prepare for your G-POEM.

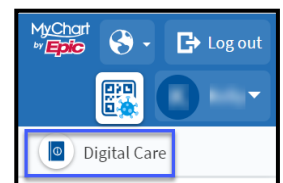


What is a Gastric Per Oral Endoscopic Myotomy (G-POEM)?

A Gastric Per Oral Endoscopic Myotomy is a non-surgical procedure performed to treat disorders that slow down stomach emptying. Your doctor will place a flexible tube into your mouth. The tube passes through your esophagus to your stomach. Therapeutic maneuvers are performed during this procedure. After your procedure, you will stay in the recovery area until your doctor decides it is safe to go home.

Planning for Your Procedures - Two (2) weeks before your procedure:

- Log into My Duke Health to review your procedure information. Select Digital Care for the link to the printed information.
- Read your instructions.
- For this procedure, follow these step-by-step instructions.
- Purchase the clear liquid diet items.
- Find a family member or friend who can drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- Review your procedure location (address), date, and arrival time.
- Plan to be in the GI department for your procedure for six (6) hours.
- You will receive general anesthesia for this procedure. Review the post-procedure patient education about your activity restrictions.
- Print these instructions and place them in a safe place, like on your refrigerator.
- Alert your doctor if you have an allergy to nickel or other metals.**



Shopping List - Prep Items

Purchase the clear liquids at any grocery store.

- Purchase assorted clear liquids to drink before your procedure.
- Review the clear fluid list on page 3. ****Do not buy Red or Purple fluids.****

TWO (2) WEEKS Before Your Procedure

- If you have diabetes, talk to your provider about your diabetes medicine.
- If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).
- Review your post-procedure patient education information.



FIVE (5) DAYS Before Your Procedure

- Stop taking Fish Oil supplements.
- Stop eating all solid foods. Begin your full liquid diet (examples listed on page 2).

ONE (1) DAY Before Your Procedure – When you Wake Up

- Stop eating the full liquid diet. Drink only clear liquids today (examples listed on page 2).

The Day of Your Procedure – When You Wake Up

- Follow your provider’s instructions and take your medicines with a sip of water.
- FOUR** hours before your procedure time, STOP drinking all fluid.

Five (5) Days before Your Procedure - Start a Full Liquid Diet

Full Liquid Examples	All Full Liquids must be light in color and not red or purple
Grains	Thin hot cereal, such as cream of wheat
Dairy	Milkshakes Pudding, custard Ice cream, sherbet, sorbet Milk (Nonfat, 1%, 2%, whole) Yogurt without nuts, seeds, or fruit Soy milk, almond milk, rice milk, coconut milk, cashew milk
Fruits	Clear fruit juices without pulp (apple, white cranberry, white grape)
Vegetables	Vegetable juice with or without pulp Thin, pureed vegetable soups
Beverages and Snacks	Popsicles Gelatin (Jell-O®) Strained cream soups Chicken, beef, or vegetable broths Water and ice Soft drinks, lemonade, limeade Coffee, tea, and other hot beverages Nutritional supplements (Ensure®, Boost®)

One (1) Day before your Procedure - Start a Clear Liquid Diet

Clear Liquid Examples - All Clear Fluids must be light in color and not red or purple.

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream (no red or purple colors)
- Jell-O® or other gelatin without fruit (no red or purple colors)
- Boost® Breeze Tropical Juice drink

G-POEM Preparation Information and Frequently Asked Questions (FAQs)

If you have a Pacemaker or Internal Defibrillator: Bring your device information card to your anesthesia and procedure appointment. Give the device card to your nurse when you check in for your procedure.

If you do not or cannot accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

I am a diabetic. Should I take my diabetes medicines when I drink my prep?

If you take insulin or have an insulin pump:

Contact your diabetes provider to ask if you need to adjust your insulin dose. Check your blood sugar several times the day before and the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

I am a diabetic. Should I take my diabetes medicines when I drink my prep?

If you take pills for diabetes but not insulin:

Do not take your diabetes medicine on the day of your procedure unless your provider tells you to continue this medicine. Check your blood sugar on the day of your procedure. Drink clear fluids with protein like chicken, beef, or vegan broth. Buy both low-sugar and no-sugar clear fluids to drink.

Can I drink alcohol, wine, or beer before my procedure?

No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol the day before or the day of your procedure.

Why do I have to drink clears for two days?

Your stomach must be empty for this procedure. You must follow a strict diet starting five (5) days before the G-POEM procedure. The diet restrictions ensure your stomach is empty. Review your post-procedure diet restrictions.

G-POEM Procedure Frequently Asked Questions (FAQs)**How is a G-POEM procedure performed?**

G-POEM is a non-surgical procedure performed for the treatment of spastic disorders of the stomach. A thin, flexible tube goes through your swallowing tube (esophagus) into your stomach during the procedure. During G-POEM, the ring of muscle controlling the stomach contents flowing to the small intestine is loosened to allow the food to pass through freely.

Why is a Gastric Per Oral Endoscopic Myotomy (G-POEM) procedure performed?

A G-POEM procedure is performed to treat esophageal muscle disorders called achalasia.

How common is a Gastric Per Oral Endoscopic Myotomy (G-POEM)?

G-POEM procedures have been performed for several years. G-POEM is an alternative to an invasive surgical procedure called a Myotomy.

What are the diet restrictions before the Gastric Per Oral Endoscopic Myotomy (G-POEM) procedure?

What type of preparation will I need to complete for a Per Oral Endoscopic Myotomy (G-POEM)? You MUST eat only a clear liquid diet for the two days before your G-POEM procedure. Follow the diet guide on your preparation instructions.

During a Gastric Per Oral Endoscopic Myotomy (G-POEM), will the doctor take biopsies?

This is unlikely. The information will be on your procedure report if your doctor takes any biopsies.

Will I be admitted to the hospital after the Gastric Per Oral Endoscopic Myotomy (G-POEM) Procedure?

After your procedure, your doctor will decide if you will be sent home or admitted to the hospital. Hospital admissions are usually 24 hours or less. Sometimes, it may be necessary for you to stay longer.

Will I experience pain after the Gastric Per Oral Endoscopic Myotomy (G-POEM) Procedure is performed?

Although this is an endoscopic procedure, it is a surgical procedure, and you will experience pain after this procedure. Your doctor will review how to manage post-procedure pain.

Do I need to hold my blood thinner medicines for the Gastric Per Oral Endoscopic Myotomy (G-POEM) procedure?

You must hold your blood thinners (such as Coumadin, Warfarin, Ticlid, Plavix, Lovenox, Pletal, Pradaxa, Xarelto, Persantine, Eliquis, and Aggrenox). Contact your prescribing provider for instructions on how long you need to hold your medicine(s) before the procedure.

What are the risks of a Gastric Per Oral Endoscopic Myotomy (G-POEM)?

Risks of a G-POEM include perforation, infection, bleeding, and an unsuccessful procedure. Discuss the procedure risks with your doctor before your procedure.

How long will the Gastric Per Oral Endoscopic Myotomy (G-POEM) procedure take?

The procedure will take two (2) to three (3) hours to complete. You will receive general anesthesia for the procedure.

When will I feel better after the Gastric Per Oral Endoscopic Myotomy (G-POEM)?

You will experience pain and some nausea after the procedure for up to two (2) weeks. The pain will slowly decrease over the next two weeks. It is important to follow the post-procedure diet for 14 days to decrease pain and nausea.

How does my doctor know if the Gastric Per Oral Endoscopic Myotomy (G-POEM) worked?

The procedure is successful if you do not have symptoms of gastroparesis like bloating, fullness, and nausea.

Do I have to follow a special diet after the Gastric Per Oral Endoscopic Myotomy (G-POEM)?

Yes, please refer to your post-G-POEM procedure diet instructions. You must follow the specific diet instructions for 14 days.

What will I feel after the Gastric Per Oral Endoscopic Myotomy (G-POEM)?

Although this is an endoscopic procedure, you will experience pain in your chest or esophagus (swallowing tube) and stomach for up to two weeks. In the third week after your procedure, you will have a significant decrease in pain.

Do I need to continue taking medicines for acid reflux?

Yes, continue to take the acid reflux medicine. These medicines are called Proton pump inhibitors (PPI). PPIs decrease your stomach acid, prevent acid reflex, and allow the stomach to heal. Take the prescribed PPI twice a day. Take your medicine - 30 minutes before breakfast and dinner.

Why was I prescribed medicine for acid reflux after the Gastric Per Oral Endoscopic Myotomy (G-POEM)?

If you are not taking an acid-reducing medicine, your doctor will send a prescription to your preferred pharmacy. Proton pump inhibitors (PPI) will decrease your stomach acid, prevent acid reflexes, and allow the stomach to heal. You will take this medicine twice a day. Take your medicine - 30 minutes before breakfast and dinner.

When is it safe to take NSAID medicines like Advil, Motrin Aleve, or aspirin after having a G-POEM procedure?

Do not take any non-steroid anti-inflammatory medicine (7) days after your procedure. Avoid NSAIDs such as Ibuprofen and Sodium bicarbonate, aspirin, or aspirin products unless you are prescribed an aspirin for a heart condition.

I take a prescribed blood thinner. When should I start taking my blood thinner after my procedure?

Please talk to your prescribing and GI provider about your blood thinner medicine. Hold your blood thinner medicine for three (3) days after the G-POEM procedure. Restart your medicine on the morning of day 4. Examples: warfarin, clopidogrel bisulfate, cilostazol, dipyridamole, dipyridamole ER, rivaroxaban, dabigatran, apixaban, ticlopidine hcl, enoxaparin.

What can I eat after performing the Gastric Per Oral Endoscopic Myotomy (G-POEM)?

After your procedure, continue eating only clear liquids for three more days.

On Day 5, you may start eating soft foods for the next two weeks. These foods may be chopped, ground, mashed, pureed, and moist. After two (2) weeks, you may eat whatever you feel comfortable eating, with no restriction. If you are still having nausea, pain, or vomiting, start eating soft foods again. Call Duke GI and speak to a nurse.

When can I return to work or school after performing the Gastric Per Oral Endoscopic Myotomy (G-POEM)?

Rest and remain at home for at least five (5) five days. You should be able to drink without pain before returning to work or school. Limit physical activity and exercise until you have your follow-up GI appointment.