

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a Per Oral Endoscopic Myotomy (POEM) procedure. 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 POEM.

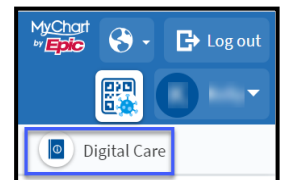


What is a Per Oral Endoscopic Myotomy (POEM)?

A Per Oral Endoscopic Myotomy is a non-surgical procedure performed for the treatment of spastic disorders of the esophagus and stomach. Your doctor will place a flexible tube into your mouth. The tube passes through your esophagus. 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. You will receive general anesthesia to help you sleep and stay comfortable during your procedure. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

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 anesthesia for your procedure. You cannot drive or work for 24 hours after anesthesia.
- 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.**



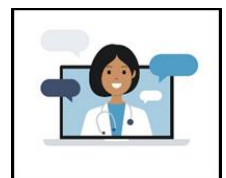
Shopping List - Prep Items

Purchase the clear liquids at any grocery store.

- Purchase assorted clear liquids to drink the day before and the day of 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.

TWO (2) DAYS Before Your Procedure – When you Wake Up

- Do not eat any solid food for the entire day.
- Drink clear liquids all day (examples listed on page 3).

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

- Do not eat any solid food for the entire day.
- Drink clear liquids all day (examples listed on page 3).

The Day of Your Procedure – When You Wake Up

- Do not eat any solid food for the entire day.
- Follow your provider's instructions and take your medicines with a sip of water.
- FOUR** hours before your procedure time, STOP drinking all clear fluids.

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 can't eat solid foods for two days before your POEM procedure. The diet restrictions ensure your esophagus and stomach are empty. Review your post-procedure diet restrictions.

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

Clear Liquid Examples

All fluid 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

POEM Procedure Frequently Asked Questions (FAQs)

How is a POEM procedure performed?

POEM is a non-surgical procedure performed for the treatment of spastic disorders of the esophagus and stomach. During the procedure, a thin, flexible tube goes through your swallowing tube (esophagus), stomach, and small intestines to the duodenum to examine the lining of these organs. This procedure includes making a small hole in the inside lining of your esophagus to allow access to the muscles of the esophagus and stomach, which will be cut using an electrical current. The procedure may also require cautery/coagulation therapy (sealing off blood vessels with heat). The hole will be sealed using small metal clips.

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

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

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

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

Before the Per Oral Endoscopic Myotomy (POEM) procedure, what are the diet restrictions?

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

During a Per Oral Endoscopic Myotomy (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 Per Oral Endoscopic Myotomy (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 Per Oral Endoscopic Myotomy (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 a Per Oral Endoscopic Myotomy (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 Per Oral Endoscopic Myotomy (POEM)?

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

How long will the Per Oral Endoscopic Myotomy (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 Per Oral Endoscopic Myotomy (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 Per Oral Endoscopic Myotomy (POEM) worked?

The procedure is successful if you do not have esophageal spasms, chest pain, or difficulty swallowing.

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

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

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

Although this is an endoscopic procedure, you will experience pain in your chest or esophagus (swallowing tube) 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 reflux, and allow the esophagus 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 Per Oral Endoscopic Myotomy (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 esophagus 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 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 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 Per Oral Endoscopic Myotomy (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 any vomiting, start eating soft foods again and call Duke GI and speak to a nurse.

When can I return to work or school after performing the Per Oral Endoscopic Myotomy (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.