

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an Upper Endoscopy procedure to treat your Zenker's Diverticulum. Please review the information about your procedure to prepare for it. If you have questions about your procedure, appointment, or prep, please call Duke Gastroenterology (GI) at (919) 684-6437.

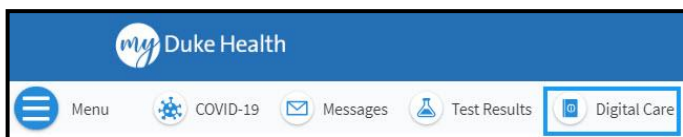
What is Zenker's Myotomy Procedure?

A Zenker's Myotomy procedure is an endoscopic procedure performed to treat a diverticulum located in the first part of your esophagus. Your doctor will place a flexible tube into your mouth. The tube passes into 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.

Planning for Your Procedure

TWO (2) WEEKS Before Your Procedure

- ☐ Log into your My Duke Health account and review your procedure prep information. Select the Digital Care button to review and print the information.
- ☐ Sign up for the Care Convoy® mobile health app. This app is designed specifically for Duke GI patients. It is a tool that will guide you through each prep step. You can access the app from Google Play or the Apple Store using the QR code below. You will also get an email invitation from Care Convoy® with download instructions. The app will support you through your prep and allow you to confirm your procedure appointment. Care Convoy will ensure you are well-prepared and at ease for your procedure.



Care Convoy QR Code

- ☐ Ask a family member or friend to 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 about six (6) hours.
- ☐ Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- ☐ Put your procedure instructions in a safe place, like on your refrigerator.
- ☐ If you have diabetes, contact your diabetes provider to ask if you need to adjust your medicine or insulin.
- ☐ If you take medicine that thins your blood, ask your provider if and how long you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).
- ☐ **Alert your doctor if you are allergic to nickel or other metals.**

Shopping List - Prep Items

- ☐ Purchase assorted clear liquids to drink the day before and the day of your procedure.
- ☐ Review the clear fluid list below. ****Do not buy Red or Purple fluids. ****

TWO (2) WEEKS Before Your Procedure

- ☐ If you have diabetes, contact your diabetes provider to ask if you need to adjust your medicine or insulin.
- ☐ If you take medicine that thins your blood, ask your provider how long 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.

ONE (1) DAY Before Your Procedure

- ☐ **Do not eat any food today.**
- ☐ Drink clear liquids all day. See the list below.
- ☐ Follow your provider's instructions and take your medicines.

The Day of Your Procedure

- ☐ **Do not eat any food today.**
- ☐ Follow your provider's instructions and take your medicines with a sip of water.
- ☐ **STOP drinking all clear fluids FOUR (4) hours before your procedure.**

Start a Clear Liquid Diet ONE (1) Day Before your Procedure**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

Procedure Frequently Asked Questions (FAQs)

How common is a Zenker's Myotomy Procedure?

This procedure has been performed for several years as an alternative to surgery.

What are my diet restrictions before a Zenker's Myotomy Procedure?

You **MUST** stop eating food and drink only a clear liquid diet for one day before your procedure. Follow the diet information outlined.

During a Zenker's Myotomy Procedure, 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 Zenker's Myotomy Procedure?

After your procedure, your doctor will decide whether you will be sent home or admitted to the hospital. Hospital admissions are usually 24 hours or less, but sometimes, you may need to stay longer.

Will I experience pain after the Zenker's Myotomy Procedure is performed?

Although this is an endoscopic procedure, it is a therapeutic procedure, and you may 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 Zenker's Myotomy Procedure?

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

What are the risks of a Zenker's Myotomy Procedure?

Risks of the procedure include perforation, infection, bleeding, injury to adjacent organs, and an unsuccessful procedure. Discuss the procedure risks with your doctor before your procedure.

How long will the Zenker's Myotomy Procedure take?

The procedure will take one (1) to two (2) hours to complete. You will receive general anesthesia.

When will I feel better after the Zenker's Myotomy Procedure?

You may 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 the next nine (9) days to decrease pain and nausea.

Do I have to follow a special diet after Zenker's Myotomy Procedure?

Yes, please refer to your post-procedure diet instructions. You must follow the specific diet instructions for nine (9) days.

What will I feel after a Zenker's Myotomy Procedure?

Although this is an endoscopic procedure, you may experience pain in your chest or esophagus (swallowing tube) for up to two weeks. However, your pain will significantly decrease in the third week after your procedure.

When is it safe to take NSAID medicines like Advil, Motrin Aleve, or aspirin after having this procedure?

Do not take any non-steroid anti-inflammatory medicine (7) days after your procedure. Avoid NSAIDs such as Ibuprofen, aspirin, or aspirin products unless you are prescribed an aspirin for a heart or vascular 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 this procedure. Restart your medicine on the morning of day 4. (Examples: warfarin, clopidogrel bisulfate, cilostazol, dipyridamole, dipyridamole ER, rivaroxaban, dabigatran, apixaban, ticlopidine HCL, and enoxaparin).

What can I eat after performing the Zenker's Myotomy Procedure?

After your procedure, continue eating only liquids for four (4) more days.

On Day 5, you may start eating soft foods for the next five (5) days. These foods may be chopped, ground, mashed, pureed, and moist. You may then 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 Zenker's Myotomy Procedure?

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 for two (2) weeks.

Post Procedure Home Care Instructions

General Information

- Return home after your procedure and rest.
- You may start your regular activity slowly over the next week.
- Rest frequently for the next 24 to 48 hours.
- Although this is an endoscopic procedure, you may experience pain for the next 7 to 14 days.
- You may experience pain in your chest or esophagus (swallowing tube) for up to two weeks. In the third week, you will have a significant decrease in pain.
- If your belly feels tight or swollen, stop eating and continue to walk or move often. Walking will help you pass the air and decrease the bloated feeling in your belly (*abdomen*). This pain can be caused by the air put into your stomach during the procedure. You should feel better after passing gas. You should not need treatment for this.
- Monitor your stools for any blood. Your stool may be dark purple or black, appearing like tar. Changes in your stool may be a sign of bleeding. Notify your doctor immediately or seek medical care at your local emergency department.

Medicine Information

- **DO NOT TAKE ANY** non-steroidal anti-inflammatory medications (NSAID examples Ibuprofen, Motrin, Advil, Aleve, Alka-Seltzer, Goody's, or BC Powder) for **SEVEN days**.
- **DO NOT TAKE ANY aspirin for SEVEN days** unless you are prescribed an aspirin for a heart or vascular condition.
- For the next three (3) days, **HOLD** blood thinners like Coumadin™, Plavix™, Eliquis™, Xarelto™, and Pradaxa™, unless otherwise directed by your prescribing provider.

Diet Information

- To avoid post-procedure complications, follow these diet instructions.
- Drink only liquids for **four (4) days** after your procedure. Avoid drinking red liquids.
- **After four (4) days**, you may advance your diet to soft foods for the **next five (5) days**. These foods may be chopped, ground, mashed, pureed, and moist.
- You may eat whatever you feel comfortable eating without restriction. If you still have nausea, pain, or vomiting, start eating soft foods again and contact Duke GI.

Follow-up appointments

- Follow-up appointments are important for your health and safety. Be sure to schedule and go to your follow-up GI appointments. Call your GI doctor if you have problems at (919) 684-6437.

Diet Information with menu examples

DAY ONE (1) to FOUR (4)	Drink examples	Food Examples
Liquid Diet only	Soft drinks – orange, ginger ale, Sprite, 7-Up, Gatorade, or Gatorade G2 Fruit juices without pulp – apple, white grape Water Pedialyte® Hydralyte®	Jell-O (lemon, lime, orange; no fruit or toppings) Popsicles (no sherbet or fruit bars) Low-sodium chicken or beef bouillon/broth (without solid pieces of noodles, vegetables, or meat) Vegetable or soy broth Protein Drinks

DAY FIVE (5) to NINE (9)	Drink examples	Food Examples
Soft Diet	Soft drinks – orange, ginger ale, Sprite, 7-Up, Gatorade, or Gatorade G2 Fruit juices without pulp – apple, white grape Water Pedialyte® Hydralyte®	Mashed potatoes or mashed sweet potatoes Pudding, Ice cream, milkshakes, protein shakes Yogurt, Cottage cheese, tofu Scrambled or cooked eggs Applesauce, cooked fruits, or soft fruits with peeled skins, such as peaches, bananas, avocados Soups with small soft pieces Oatmeal, Cream of Wheat

If you have any of these symptoms, go to the nearest Emergency Department for care

- Reddish purple (maroon), black, or "coffee ground" color stools.
- Rigid or firm abdomen or your stomach is painful to the touch.
- Neck or chest pain or severe discomfort worsens throughout the day.
- Vomiting that will not stop.
- Vomiting bright red blood or blood clots.
- Chest pains, difficulty breathing, or swallowing.
- Temperature over 101 degrees or chills.

Please contact Duke Gastroenterology at (919) 684-6437 if you received medical care at an urgent care or emergency department or were hospitalized within 14 days of your endoscopy procedure.