The POEM Procedure

1. An endoscopy of the upper gastrointestinal tract will be performed to suction out any residual debris and to aid in determining the length of the required muscle layer incision (myotomy).

2. The esophagus is composed of two main components: the “skin” lining the inside (mucosa) and the muscle layers. After injection of a saline solution under the mucosa, a “submucosal tunnel” is created to allow the endoscope enter under the mucosa and gain access to the muscle.

3. After the tunnel is completed, the circular muscle myotomy is performed.

4. After the myotomy is completed, an antibiotic solution is instilled into the tunnel and the entry site is closed with clips.