

Per Oral Endoscopic Myotomy (POEM)

Procedure Date:

Arrival Time:

Procedure Time:

Procedure Location:

Please bring picture ID and insurance cards with you on day of procedure.

Medication Adjustments:

- **No Advil, Ibuprofen, Aleve, Plavix (Clopidogrel), Coumadin (Warfarin), Brilinta (Ticagrelor), or anti-inflammatory medications (excluding Prednisone) 5 days prior to procedure.**
- **No Pradaxa (Dabigatran) for 3 days prior to procedure.**
- **No Eliquis (Apixaban) or Xarelto (Rivaroxaban) for 2 days prior to procedure**
- No alcohol or recreational drugs two (2) days prior to the procedure.

Dietary Instructions to follow for 5 days prior to POEM:

- **Day 1-3 (first 3 of the 5 days)** stay on a soft diet – see examples below
- **Day 4-5 (last 2 days prior to procedure)** drink liquids only – see examples below (Coca Cola is helpful to clear the esophagus these days)

Preparation on day of procedure:

- **Clear liquids only up until 4 hours before your procedure starts then nothing by mouth.**
- **Take all of your medications with a small sip of water except for diabetic medications.**
- If you use inhalers, bring them with you. They may be needed before or after your procedure.
- Do not wear perfume, cologne, or lotions/oils as this may interfere with our monitoring electrodes.
- You will be admitted and stay overnight in the hospital for Intravenous (IV) hydration because you will not be allowed to eat or drink anything until the next day due to swelling in the esophagus at the site of intervention, IV antibiotics (Cefipime and Flagyl) and will have an Esophagram the next morning to evaluate the esophagus for leakage and ensure it is emptying appropriately. You will also go home on an oral antibiotic, Augmentin, which you will take for 7 days. Please notify our staff if you are allergic to any of these medications.

After Procedure:

- **You may drive to this procedure by yourself or take a Taxi/Uber driver if you do not have anyone to come with you, as you will be staying overnight.**
- **Dietary instructions post discharge:**

Day 1-3: stay on a **clear to full liquid diet** due to the swelling in the throat. The goal of a liquid diet is to keep you hydrated while providing you with sufficient vitamins and minerals for energy.

Clear liquids that are allowed are as follows:

- Clear fat free broth – any flavor
- Clear nutritional drinks such as Enlive, Ensure Clear
- Soda
- Coffee/tea without milk or cream
- Hard candies
- Honey
- Juices without pulp
- Lemonade without pulp
- Jell-O
- Popsicles without fruit pulp or fruit pieces inside
- Sports drinks
- Water

A full liquid diet includes everything on the clear liquid diet in addition to:

- Milk (all types including buttermilk, soy, rice, almond and cow's), milk shakes, pasteurized eggnog, smooth ice cream, frozen yogurt and yogurt without fruit
- All vegetable and tomato juice
- All juices and nectars
- Cooked, refined cereals including cream of rice/wheat and farina
- Butter, margarine and oils
- Sherbet, sugar, sugar substitutes, fruit ice without added fruit pieces, honey and syrups
- All beverages
- Smooth tomato soup and strained cream soups

Day 4-6: you may begin a **soft diet**. The soft diet serves as a transition from liquids to a regular diet but **limits or eliminates foods that are hard to chew and swallow, such as raw fruits and vegetables, chewy breads, dried beans, nuts, seeds and tough meats**. Foods may be softened by cooking and mashing. **Fried, greasy foods and highly seasoned or spicy foods should be avoided.** Foods allowed on the soft diet **include everything in the clear and full liquid diets in addition to the following:**

- Creamed soup, strained vegetable soup
- Any moist, tender meats, fish or poultry (lamb, veal, chicken, turkey, tender beef, liver, stewed pork) Avoid fried chicken/fish, fish with bones, shellfish, salted or smoked meats, sausage, and cold cuts
- Eggs (all types except raw or fried)
- Creamy peanut butter
- Smooth yogurt



**INTERVENTIONAL
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- Mild flavored cheeses and cottage cheese.
- Cooked or canned fruit, soft fresh banana or avocado, fruit juices with pulp
- Soft cooked or canned vegetables, fresh lettuce or tomato and potatoes (mashed, baked, boiled or creamed) Avoid French fries and hash browns
- Refined cooked or ready-to-eat cereal, refined white or wheat bread, rice and pasta. Avoid whole-grain breads and cereals such as rye with seeds, bran or whole wheat.
- Butter, margarine, mild salsas, dressing, mayonnaise, gravy, cream, cream substitutes, sour cream and vegetable oil
- Puddings, custard, cake or cookies made without nuts or coconut but chew them until they are mushy
- Seasonings such as ketchup, cheese, cream, tomato or white sauces, soy sauce, chopped or ground leaf herbs. Avoid garlic, horseradish, chili powder, whole or seed herbs and spices, barbeque or Cajun seasonings, Worcestershire sauce

Day 7: you may advance to a regular diet but avoid steak and difficult to chew meats. Continue to eat moisture rich meats and avoid hard, crunchy foods such as tortilla chips, taco shells etc...

Follow up care:

- **4-6 weeks after your procedure you will need to have an office visit with Dr. Pitea if you are having any difficulties; otherwise, we will schedule you with one of our Advanced Practice Providers.**
- **Repeat Esophagram** – 3 months after your POEM, you will need to have another esophagram study. If you have not heard from the radiology department by 2 months out from your procedure, please call our office so we can make sure it was ordered.
- **EGD with Bravo-** 6 months after your POEM, you will undergo pH study to evaluate for silent reflux.

We hope that this has proven helpful to you, but as always, if you have any questions, please feel free to call our office at 623-300-9011.