Tandem peroral endoscopic myotomy (POEM) and transoral incisionless fundoplication: a strategy to reduce reflux after POEM

Peroral endoscopic myotomy (POEM) is an effective treatment for achalasia, comparable to laparoscopic Heller myotomy (LHM) [1]. Gastroesophageal reflux disease (GERD) is a common adverse event, and POEM vs. LHM has higher abnormal acid exposure (39% vs. 16.8%) and esophagitis (29.4% vs. 7.6%) [2,3]. Transoral incisionless fundoplication (TIF) is an endoscopic intervention for GERD that reduces acid exposure [4,5].

A 41-year-old man with manometry-confirmed type II achalasia presented with dysphagia to solids and liquids and weight loss. His Eckardt score was 11 out of 12 (severe symptoms). The plan was to perform POEM followed by TIF in a single session to reduce post-POEM reflux (▶ Video 1).

The endoscope was fitted with a clear, tapered cap. A submucosal injection of saline plus methylene blue followed by mucosotomy were performed 10 cm proximally to the gastroesophageal junction (GEJ) (▶ Fig. 1). The submucosal space was entered and the tunnel extended 2 cm beyond the GEJ (▶ Fig. 2). A full-thickness myotomy was extended 2 cm beyond the lower esophageal sphincter (▶ Fig. 3). The fundoplication device was inserted and the GEJ was viewed in retroflexion. Tissue was pulled into the device using a tissue helix and

▶ Video 1 Tandem peroral endoscopic myotomy and transoral incisionless fundoplication. Mucosotomy closure with endoscopic suturing.
suction. Device manipulation and deployment of 28 H-shaped full-thickness fasteners were used to augment the GEJ flap valve to create a 270-degree wrap 2 cm in length (Fig. 4). The mucosotomy was closed by endoscopic suturing (Fig. 5).

The patient was discharged the day after tandem POEM-TIF. He regained weight and his Eckhardt score improved from 11 to 3. He reported no reflux or need for proton pump inhibitors. Follow-up esophagagogastroduodenoscopy 9 months later showed no esophagitis.

Tandem POEM-TIF is a strategy for prevention of reflux after POEM, especially in young patients. Further study is needed to determine long-term safety and efficacy.

Endoscopy_UCTN_Code_CPL_1AH_2AH

Competing interests

Nikhil A. Kumta is a consultant for Apollo Endosurgery, Boston Scientific, Intuitive Surgical, and Olympus.

The authors

Nicholas A. Hoerter, Rebekah E. Dixon, Christopher J. DiMaio, Satish Nagula, David Greenwald, Nikhil A. Kumta

Center for Advanced Colonoscopy and Therapeutic Endoscopy at Sinai (CACTES), Dr. Henry D. Janowitz Division of Gastroenterology, Icahn School of Medicine at Mount Sinai, New York, New York, United States

Corresponding author

Nikhil A. Kumta, MD, MS
Mount Sinai Hospital, One Gustave L. Levy Place, Box 1069, New York, NY, 10029, United States
Nikhil.Kumta@mountsinai.org

References


Bibliography

Endoscopy
DOI 10.1055/a-1540-6558
ISSN 0013-726X
published online 2021
© 2021, Thieme. All rights reserved.
Georg Thieme Verlag KG, Rüdigerstraße 14, 70469 Stuttgart, Germany

ENDOSCOPY E-VIDEOS
https://eref.thieme.de/e-videos

Endoscopy E-Videos is a free access online section, reporting on interesting cases and new techniques in gastroenterological endoscopy. All papers include a high quality video and all contributions are freely accessible online.

This section has its own submission website at https://mc.manuscriptcentral.com/e-videos