A simple method to determine the proper length of the gastric myotomy during peroral endoscopic myotomy for achalasia

Peroral endoscopic myotomy (POEM) was first performed in 2008 by Inoue and since then has been used widely, with noninferiority to Heller's myotomy [1]. A critical step during POEM is ensuring an appropriate length of the gastric myotomy (2–2.5 cm), as a short myotomy can lead to a lack of response, and if too long, a higher incidence of moderate reflux esophagitis may occur without improving clinical efficacy [2, 3].

Various methods of verifying the proper extent of the tunnel have been described: use of a double scope for transillumination at the gastric cardia [4]; identification of the two penetrating vessels during posterior POEM [5]; distance from incisors (insertion depth); intraprocedural X-ray; or injection of indocyanine green into the submucosa on the gastric



Video 1 A simple method to ensure a 2-cm gastric myotomy during peroral endoscopic myotomy.



Fig. 1 The tip of the scope is positioned at the esophagogastric junction, with the knife placed outside the working channel, just far enough to see the tip in the screen. With the help of a ruler, a mark is placed on the knife 2 cm from the endoscope channel.



Fig.2 Under endoscopic visualization the knife is gently advanced right above the muscularis propria until the 2-cm mark reaches the end of the tunnel or the entrance of the working channel. Using this method, we can see when the submucosal tunnel has reached 2 cm in length on the gastric side, and therefore the gastric myotomy would be appropriate.

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from the esophagogastric junction (EGJ) appropriate. to the end of the tunnel. We present a simple method that might help to ensure Endoscopy_UCTN_Code_CCL_1AB_2AC_3AD a 2-cm qastric myotomy (> Video 1).

Competing interests

The authors declare that they have no conflict of interest.

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side before tunneling. However, none of

these methods measure the distance

Once the submucosal tunnel seems to be

appropriate, the tip of the scope is positioned at the EGJ, usually recognized as a narrowing area followed by expansion of

the submucosal space, and the tip of the

knife is placed outside the working chan-

nel, just far enough to see the tip in the

screen. Externally, with the help of a

ruler, a mark is placed on the knife 2 cm

from the endoscope channel (> Fig. 1).

Then, under endoscopic visualization,

the knife is gently advanced right above

the muscularis propria until the 2-cm

mark reaches the entrance of the work-

ing channel or the end of the tunnel

(> Fig. 2). Using this method, we can see

when the submucosal tunnel has reached

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