

Single-tunnel Zenker's diverticulum peroral endoscopic myotomy

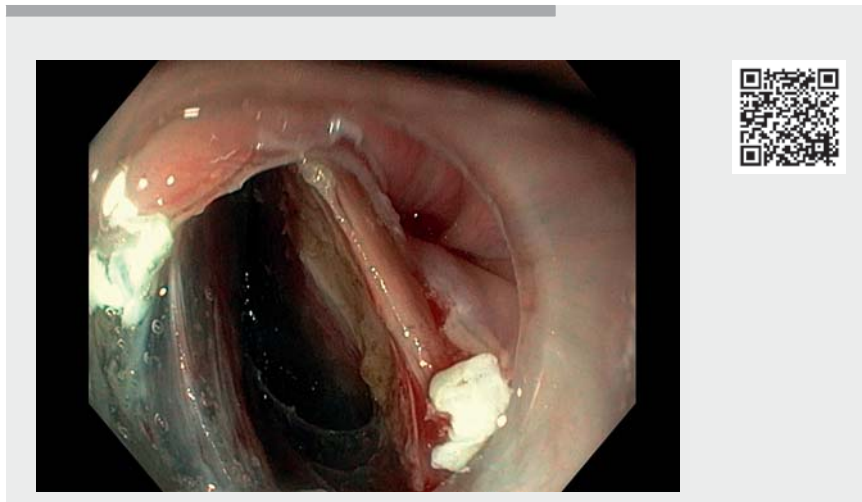
OPEN
ACCESS

Zenker's diverticulum peroral endoscopic myotomy (zPOEM) revolutionized the endoscopic treatment of Zenker's diverticulum, since this is the only method that can provide deep myotomy [1]. Historically, the mucosal entrance was initially made in the hypopharynx, proximal to the septum. The procedure was recently modified [2], and many endoscopists have adapted this latest variation of mucosal entrance over the septum. In this video (▶ **Video 1**), we present a new modification of this technique with the creation of a single tunnel instead of two. In particular, after mucosal incision over the septum (▶ **Fig. 1**), a submucosal cushion is created at the esophageal side and a single tunnel is created at the side of the diverticulum (▶ **Fig. 2**, ▶ **Fig. 3**). Partial myotomy is performed, if necessary, to open the space for tunneling. Then, myotomy is performed through the diverticular tunnel (▶ **Fig. 4**, ▶ **Fig. 5**). This harbors the danger of damaging the esophageal mucosa. Therefore, repeated injections are provided at the submucosal space between the septum and the mucosa of the esophagus as needed. In our experience, this modification reduces the total duration of the procedure. The main potential drawback is the risk of inadvertent esophageal mucosal injury if the submucosal cushion is not sufficient.

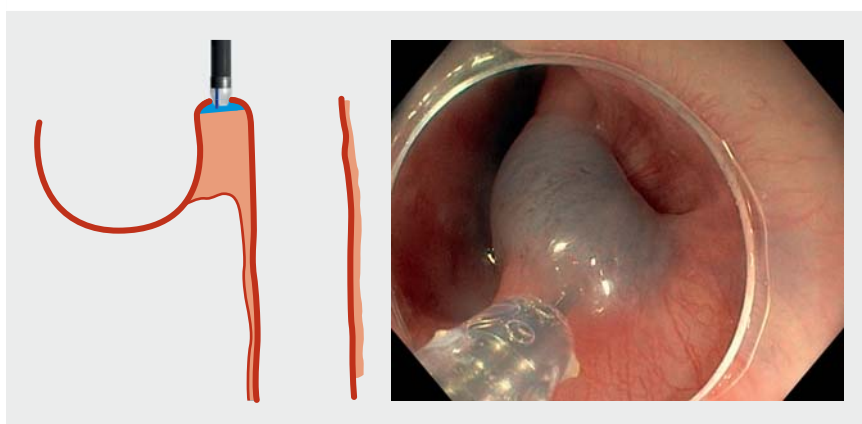
Endoscopy_UCTN_Code_TTT_1AO_2AG

Competing interests

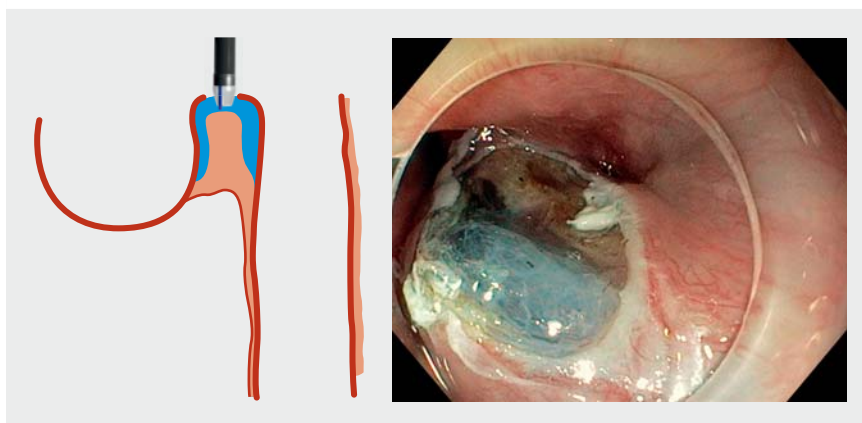
The authors declare that they have no conflict of interest.



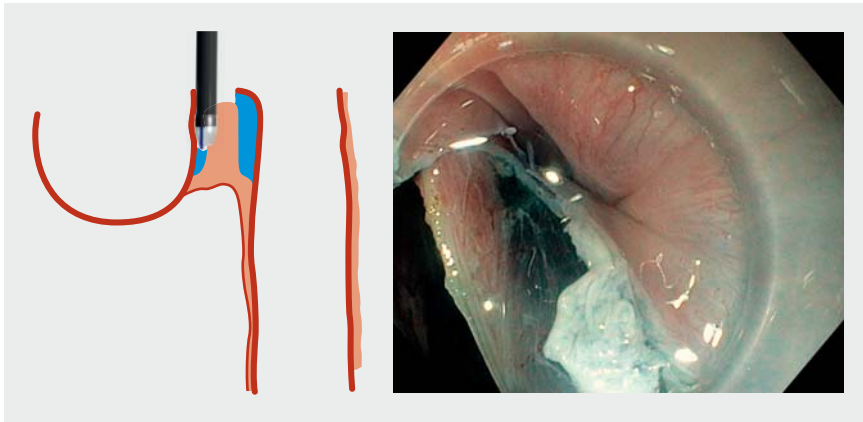
▶ **Video 1** Single-tunnel Zenker's diverticulum peroral endoscopic myotomy.



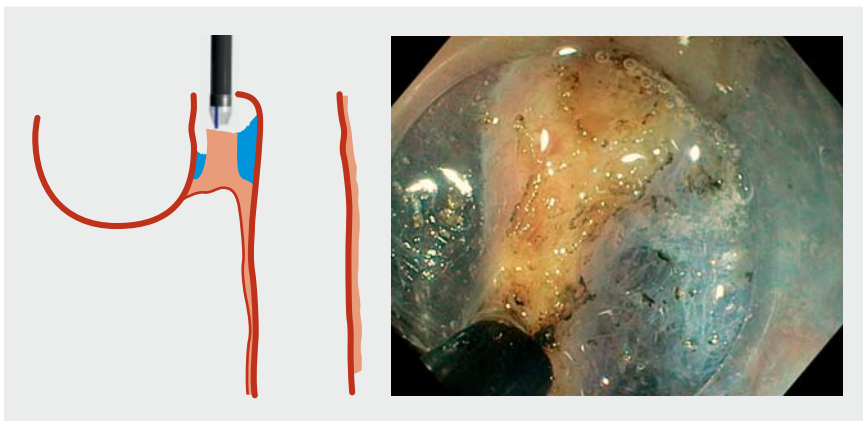
▶ **Fig. 1** Submucosal injection over the septum.



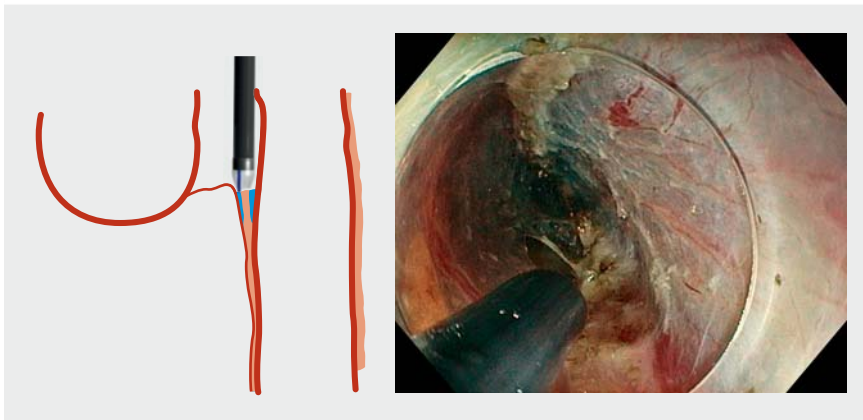
▶ **Fig. 2** Submucosal injection at both sides of the septum.



► **Fig. 3** Creation of a single tunnel at the diverticular side. Submucosal cushion at the esophageal side prior to start of myotomy.



► **Fig. 4** Myotomy.



► **Fig. 5** Myotomy completed.

The authors

Georgios Mavrogenis¹, **Efthymios Maourommatis²**, **Charalampos Koumentakis¹**, **Ioannis Tsevgas¹**, **Dimitrios Zachariadis¹**, **Fateh Bazerbachi³**

- 1 Unit of Hybrid Interventional Endoscopy, Department of Gastroenterology, Mediterraneo Hospital, Athens, Greece
- 2 Department of Anesthesiology, Mediterraneo Hospital, Athens, Greece
- 3 CentraCare, Interventional Endoscopy Program, St. Cloud Hospital, St Cloud, Minnesota, USA

Corresponding author

Georgios Mavrogenis, MD

Unit of Hybrid Interventional Endoscopy, Department of Gastroenterology, Mediterraneo Hospital, Ilias 8-12, Glyfada 166 75, Greece
mavrogenis@gmail.com

References

- [1] Li QL, Chen WF, Zhang XC et al. Submucosal tunneling endoscopic septum division: A novel technique for treating Zenker's diverticulum. *Gastroenterology* 2016; 151: 1071–1074
- [2] Mavrogenis G, Tsevgas I, Zachariadis D et al. Mucosotomy at the top of the septum facilitates tunneling and clipping during peroral endoscopic myotomy for Zenker's diverticulum (Z-POEM). *Ann Gastroenterol* 2020; 33: 101

Citation Format

Endoscopy *Endoscopy* 2023; 55: E604–E605. doi: 10.1055/a-2045-7541.

Bibliography

Endoscopy 2023; 55: 878–879

DOI 10.1055/a-2113-2824

ISSN 0013-726X

© 2023. The Author(s).

This is an open access article published by Thieme under the terms of the Creative Commons Attribution-NonDerivative-NonCommercial License, permitting copying and reproduction so long as the original work is given appropriate credit. Contents may not be used for commercial purposes, or adapted, remixed, transformed or built upon. (<https://creativecommons.org/licenses/by-nc-nd/4.0/>)

Georg Thieme Verlag KG, Rüdigerstraße 14, 70469 Stuttgart, Germany

