TREATMENT FOR ZENKER'S DIVERTICULUM USING PERORAL ENDOSCOPIC MYOTOMY (Z-POEM): OUTCOMES FROM TWO UK TERTIARY REFERRAL CENTRES

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A UK two-centre retrospective series of 33 patients found Z-POEM for Zenker diverticulum achieved 100% technical success and 83.3% overall clinical success with a 7.4% adverse event rate over median 8-month follow-up.

KEY POINTS

- All 33 Z-POEM procedures were technically successful with mean procedural time 48.9 minutes and median one-day hospital stay.
- Clinical success rates were 87.0% at 3 months, 77.8% at 6 months, and 66.7% at 12 months, with median follow-up 8 months.
- Two adverse events (7.4%) occurred, both post-operative chest infections; two patient deaths were unrelated to the procedure.
- Four patients required or are awaiting reintervention for persistent symptoms; two successful repeat Z-POEMs extended the myotomy and one underwent diverticulotomy.
- The authors report that reintervention improved clinical efficacy to over 90% at one year and suggest completeness of initial myotomy is key to success.

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