

# Esophageal Manometry

## Procedure Instructions



Procedure Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ GI Physician: \_\_\_\_\_

Location: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

### Special Instructions:

- To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or cancelled.
- If you are pregnant, please discuss the risks and benefits of this procedure with your physician.

### Esophageal Manometry:

#### Overview:

Esophageal Manometry is a test used to assess pressure and motor function of the esophagus which aids in the evaluation of how well the muscles in the esophagus (food pipe) work to transport liquids or food from your mouth into your stomach. This test is performed for the following:

- To evaluate the causes of gastric reflux, heartburn, difficulty swallowing, and non-cardiac chest pain
- Preoperative evaluation for anti-reflux surgery
- To ensure proper placement of pH probes

#### Procedure:

The study will be performed by a doctor, nurse, or technician and only takes about 10-15 minutes. A brief history will be obtained, and any questions or concerns will be addressed prior to the study. Generally, you will be in a comfortable, semi reclining or reclining position. Your nose and throat may be numbed with a spray or gel. This will minimize any discomfort associated with the placement of the small catheter through your nose and into your stomach. During this time, you will be able to breathe, swallow and talk with ease.

During the course of the study, you will be asked to take deep breaths or swallow a number of times. The pressures resulting from these movements will be detected and recorded by tiny sensors located on the catheter. The recording will then be transferred to a report for review and interpretation by your doctor.

This study is very safe, and complications are rare. Potential complications include gagging during the procedure and possible post procedure nosebleed and sore throat. Rare complications include esophageal perforation that might require surgical intervention

#### Day Before Your Procedure:

- Nothing by mouth (except meds) after midnight the night before the procedure.

#### Day Morning Of Your Procedure:

- You may take necessary medications with a small sip of water up to 3 hours before your study. These medications include high blood pressure and heart medication. Please consult your physician.
- If you are a diabetic, follow your physician's instruction regarding medication dosage.
- Medications to avoid the day of the procedure include: all pain medications, sedatives, tranquilizers, antispasmodics and promotility medications. These medications can affect the muscles of your esophagus, altering the outcome result of your procedure.

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## After Procedure And Other Considerations:

- You may resume your normal daily activities, diet, and medications following the study. You may drive yourself home after the study since no sedation was involved. Please schedule follow-up visit with your physician to discuss the results of the study. Contact your physician with any unusual symptoms or side effects.

## Questions:

- If you have questions, or if you find you cannot tolerate the prep, then please call our patient line at **1-855-455-4278**

