

Patient Preparation for Esophageal Manometry

Esophageal manometry is a test used to evaluate the pressure and motor function of the esophagus. This test is used by the physician to evaluate how well the muscles in the esophagus work to move food and liquids from your mouth to your stomach. **Some insurance plans require preauthorization.**

Information about the test:

You shall report to the **Radiology department** for your test, approaching through the front entrance to the hospital and **testing should take approximately 1 hour**. Your nurse shall verify your identity and that you have followed the instructions given by your physician. Your vital signs shall be obtained and an allergy history taken. Your questions and concerns will be addressed prior to the start of the study.

The test will start with you sitting upright as one nostril is numbed with a lubricant or spray. Then a thin tube will be passed through the nostril, down the back of the throat and into the stomach. You will help in this process by swallowing when asked to do so by the nurse. This thin tube will not impair your breathing or ability to talk.

You will then be asked to lie down on your back to rest a short while. During the test you will be asked to take small swallows of water so pressures in the esophagus can be measured during the swallows, as well as at rest. Multiple swallows are needed to obtain required pressure readings.

This study is very safe and complications are rare. Potential mild side effects of the testing may include a sore throat and nose bleed. A rare complication may include esophageal perforation that might require surgical intervention.

Before your test:

- **Do not eat or drink after midnight the night before the test, until the test is completed**
- Medications that are **not essential should not be taken** on the test day **AS FOLLOWS:**

NO Promotility drugs such as Reglan, Zelnorm, erythromycin, Motilium

NO Antispasmodics such as Bentyl, Donnatal, Levsin, Robinul

NO Sedatives or tranquilizers such as Valium, Livbrax, Ativan, Elavil

NO Pain medicines such as Demerol, codeinie, morphine, Percondan, Percocet.

- **Diabetic medication** use should follow physician's specific instructions
- If you have any medication questions, you should **ask your physician**.
- Additional instructions by your physician:

After your test:

You may resume normal activities, diet, medications. You may drive yourself home.

If you have a sore throat, gargling with salt water may help or throat lozenges can be used. Contact your physician with any unusual symptoms or side effects.

Call for your appointment:

Call the radiology department to schedule this test at **914-734- 3674**

Appt date: _____ **Appt time:** _____

Any questions regarding this test please call our office: