

Date: ____/____/____

Please report to suite 209 at: ____:____ am/pm

About Esophageal Manometry:

Your esophagus is made up of many muscle fibers that contract and relax when you are swallowing. This contraction sweeps food down the esophagus into the stomach. When the contractions are weak it can become difficult to swallow, when the contractions are too strong, pain can occur. The lower esophageal sphincter (LES) is to close off the esophagus when food is being digested in the stomach. When the lower esophageal sphincter (LES) is weak the powerful acid present during digestion can reflux back into the esophagus causing inflammation and pain. Another use of the lower esophageal sphincter (LES) is to keep the stomach, which is in the abdomen, from slipping up into the chest cavity.

Esophageal Manometry is a procedure that allows your physician to measure the contraction of your esophagus as well as the strength of the lower esophageal sphincter (LES). The primary benefit of the Esophageal Manometry is that your physician has documentation of how your esophagus muscles work. The test can evaluate symptoms of persistent upper abdominal pain, difficulty swallowing, or heartburn.

Esophageal Manometry Preparation:

Diet:

The stomach should be completely empty for the Esophageal Manometry exam. **DO NOT EAT OR DRINK AFTER MIDNIGHT.** You may drink small sips of water with your medications **up to three hours** before the time of your procedure. If you are taking any muscle relaxing medication please advise the office. Three days prior please administer nasal saline spray; administer one spray per nostril, once daily. (Nasal saline spray is available over the counter)

During Esophageal Manometry

Esophageal Manometry takes approximately 45 minutes to 1 hour. The technician will explain the test and ask you several questions related to the GI symptoms you are having. After the questions are asked, the technician will numb your nasal cavity with a small amount of lidocaine. A thin soft tube called a manometry catheter, with tiny pressure sensors along its wall, is gently passed through the nose, beyond the throat, and into the esophagus. You may experience some mild gagging at this point, but the feeling should quickly pass once the manometry catheter is into the esophagus. Once the catheter is in place, you will lay flat on your back, with your arms and hands at your sides, and the catheter will be taped to your nose to prevent movement.

Esophageal Manometry is divided into three testing sections to measure various esophageal pressure recordings. The first section of the test will begin as a rest period. The Rest Period lasts for 30 seconds which you will be asked to remain still and not to swallow. This will determine your testing pressure of your lower esophageal sphincter (LES). The next section of testing consists of the Water Swallow test. Here you will be asked to swallow 1 tablespoon of salt water 10 times. The Water Swallow Test allows your physician to investigate the muscle pressure of your esophagus and lower esophagus sphincter (LES) when you swallow. The manometry catheter will then be removed and the test is completed.

After Esophageal Manometry

Following the Esophageal Manometry you may experience a mild sore throat, which should resolve in a couple of hours after the tube is removed. Unless instructed differently by your physician, after the Esophageal Manometry you may resume normal activities, eating, and taking your medication. Your test results will be analyzed and a report will be given to your physician. Once your test has been completed please call the office to schedule your follow up appointment at 773-631-2728.