

ESOPHAGEAL MANOMETRY PREPERATION INSTRUCTIONS

GENERAL INFORMATION:

An Esophageal Manometry is a procedure that uses a small probe to measure the contractions of your esophagus. It also measures the strength and relaxation of the lower esophageal sphincter muscle.

- During the procedure you will be lying or sitting on a hospital gurney.
- A topical anesthetic gel or spray will be applied to the nose and throat for temporary numbing. (You will not be sedated during the procedure and will be able to drive afterward without impairment.)
- When you are comfortable, a small flexible probe is placed in your nostril and passed into your esophagus. The probe will be moved up and down in your esophagus to measure esophageal contractions. The probe will not interfere with your ability to breathe.
- You will be given sips of water during the procedure.
- The entire exam should take less than 30 minutes.

Although an Esophageal Manometry is considered very safe and low risk, there is a small chance of complications occurring; including trauma (generally mild) to the back of the nose, throat, or esophagus.

RECOVERY INFORMATION:

You should be able to resume your normal diet and medication after the procedure. Your nose and throat may be slightly irritated from the probe. You may notice a slight nosebleed and/or sinus drainage. You may use throat lozenges to help with any discomfort you may experience. These side effects usually subside within 12-24 hours. The results of the manometry study will generally be reviewed with you at your follow-up doctor's appointment.

PROCEDURE PREPARATION:

1. Stop these medications **24 hours** prior to the procedure:
Reglan (Metoclopramide), Bentyl (Dicyclomine), Levsin (Hyoscyamine),
Librax (Chordiazide & Clidinium Bromide)
2. Do not smoke for **2 hours** prior to the procedure.
3. **Do not eat or drink anything for 6 hours prior to the procedure.**

YOUR PROCEDURE IS SCHEDULED

at _____ on _____ (mo/d/yr), in the:

Stafford Hospital, 101 Hospital Center Blvd., outpatient registration, 1st Floor, Stafford

****** PLEASE ARRIVE AT _____ ON THE DAY OF YOUR PROCEDURE. ******

Have questions, please call the
Manassas Care Center
Woodbridge Care Center

703-365-9085
703-580-0181

Print Patient Name

Date of Birth

Patient Signature

Date