

You are scheduled for an **Esophageal Manometry Study** on: _____ at: _____

MetroWest Medical Center
115 Lincoln Street
Endoscopy Dept 1st Floor
Framingham, MA 01702

Preparation for the Test

24 hours prior:

The following medications can affect the muscles of your esophagus and should be discontinued **24hrs prior** to your test: Pain medications, sedatives, tranquilizers, antispasmodics and promotility medications.

The Night Before:

No eating or drinking after midnight before your test. However, if your test is in the afternoon, you may have up to 4oz of water, up to 3hrs prior to your test.

The Day of Your Test:

Medications for heart disease, high blood pressure, and diabetes can be taken with a small sip of water when you wake up in the morning.

What Is Esophageal Manometry?

Esophageal manometry is a test used to assess the pressure and motor function of the esophagus (food pipe). It also evaluates how well the muscles in the esophagus work to transport liquids or solids from your mouth into your stomach. This test may be recommended by your doctor to investigate different symptoms or conditions including gastric reflux, heartburn, difficulty swallowing, or atypical chest pain. In addition, this test may be recommended as part of pre-operative evaluation for anti-reflux or other GI-related surgeries.

The test will be performed by a doctor, nurse or technician and generally takes less than 30 minutes. You will be in a 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 test you will be asked to take deep breaths or swallow a number of times. The pressures resulting from these actions 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.

After the Test

You may resume your normal daily activities, diet and medications following your test.

Since there is no sedation required, you may drive yourself home after the procedure. If you experience a sore throat, taking lozenges or gargling with salt water may alleviate your discomfort.