



ESOPHAGEAL MANOMETRY

WHAT IS ESOPHAGEAL MANOMETRY?

Esophageal manometry is a test that enables your doctor to evaluate the strength and function of the esophagus. The esophagus is the tube through which food passes, connecting the mouth to the stomach. A thin catheter with pressure sensors is passed through the nose and into the esophagus. The catheter is connected to a computer and pressure measurements of the muscle activity are recorded. Results can help your physician determine the cause of heartburn, swallowing problems, or chest pain. The results can also help to plan surgery and evaluate the success of previous surgery.

PREPARATION FOR MANOMETRY

- ❖ Do not eat or drink for at least 6 hours prior to your procedure.
- ❖ Do not take any of the following medications for 24 hours prior to your procedure: Reglan®, Propulsid®, or any muscle relaxants.
- ❖ Bring a list of your current medications and allergies with you.

WHEN YOU ARRIVE

Please report to the Altru Clinic Ambulatory Procedure Center in waiting room 4-South. Your appointment time is

at _____ AM/PM on _____ (day).

PROCEDURE

- ❖ A nurse will review the procedure with you and answer any questions you may have. Your medications will be reviewed by the nurse.
- ❖ Your throat and nose may be sprayed with a medication that helps to numb your throat and reduce the gag reflex.
- ❖ A small catheter is then placed through your nose and down into the esophagus. Usually you are lying down for the procedure.
- ❖ You will be asked to swallow small sips of water to evaluate the function of the esophagus.
- ❖ You may be asked to take deep breaths.
- ❖ The procedure takes approximately 30-45 minutes.
- ❖ You will be able to resume your normal diet and activities after the procedure.
- ❖ You are not sedated for the procedure.
- ❖ Risks of esophageal manometry are very rare but include: irritation of the nose or throat, nosebleed, esophageal perforation, possible aspiration pneumonia, or laryngeal spasm.
- ❖ The results of the study will be evaluated by your physician, and he/she will notify you of the report.

If you have any questions, please call your physician,
Dr. _____, at _____.
You may also call to speak with the nurses who will be
performing the study in Ambulatory Procedures at
(701) 780-6394.

Esophageal manometry is a safe procedure which is usually
tolerated very well by patients. It is valuable in assisting your
physician to determine the diagnosis and management of
disorders of the esophagus. If you have any questions do not
hesitate to speak to your doctor.