

Esophageal Manometry



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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 from the nose, down the esophagus, and into the stomach. 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 swallowing problems or symptoms such as heartburn or chest pain. A manometry test is often needed prior to surgery on the esophagus or stomach.

Preparation for Manometry

- It is important that you do not eat or drink for at least 6 hours prior to your procedure, not even water.
- Do not take any medications unless instructed to do so by the pre-procedure nurse.
- Do not take any muscle relaxants for 48 hours before your procedure.

Procedure

- » A nurse will call you approximately 1 week before your procedure to go over your medications, provide instructions, and answer any questions you may have.
- » Your nose will be numbed with a medication that helps reduce the gag reflex and aid in the passage of the catheter.

- » Once your nose is numb, the catheter is then passed from your nose and down the esophagus to your stomach.
- » You will be asked to swallow small sips of salt water to evaluate the function of the esophagus.
- » 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 so no driver is needed.
- » Risks of esophageal manometry are very rare but include:
 - irritation of the nose or throat, nosebleed, esophageal
 - perforation
- » The results of the study will be evaluated by a gastroenterologist, and he/she will notify you of the report.

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.

If you have any questions, please call to speak with the endoscopy staff at 701.732.7522.

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