

Esophageal Manometry Instructions

What Is Esophageal Manometry?

You have been scheduled for an esophageal manometry. This test will enable your doctor to obtain information about the pressures and function of the muscles used to help food go down after you swallow.

How Is the Test Performed?

- Your nasal passage will be numbed with a lubricant.
- While sitting upright, a thin, flexible tube will be placed through your nostril and down into your stomach as you swallow. There can be mild discomfort or gagging when the tube hits the back of your throat, but this should pass once the tube is in place.
- You will then lie on your back while the nurse asks you to swallow 10 sips of water, which will be placed into your mouth at specific intervals.
- Between each swallow you will be asked NOT to swallow at all. This can be somewhat difficult, but maneuvers such as sticking out your tongue can be helpful.
- The nurse will then remove the catheter prior to you leaving the testing center.
- The procedure takes approximately 30 to 45 minutes to complete. You may resume regular activity, diet, and medications once the procedure is over.

What Do I Do on the Day of the Test?

- Please avoid any solid food for 8 hours and any liquids for 4 hours prior to your test.
- Some medications may NOT be taken on the day of the test until the testing is complete. These include:
 - Pain medications such as Percocet, Tramadol, Morphine, Dilaudid, Oxycodone, Codeine, Hydrocodone or Vicodin
 - Sedative or anxiety medications such as Ativan, Xanax, Valium, Klonopin or Amitriptyline
 - Promotility medications such as Reglan, Erythromycin or Domperidone
- Other medications may be taken up to two hours before the procedure with a small sip of water. If you are diabetic, please follow your physician's instructions regarding medication dosage.
- If you have a question about which of your medications to take, please ask ahead of time.
- Please check in at least 30 minutes prior to your procedure time.
- If you are allergic to latex, please notify your nurse before beginning the test.