

## Esophageal Manometry Preparation Instructions

**Please arrive 1 hour and 15 minutes prior to your procedure time:** If you are delayed, please call 970-384-7500 to let the clinic know, otherwise we may need to reschedule your appointment.

### **1 WEEK BEFORE YOUR STUDY:**

- You may need to temporarily discontinue certain medications prior to your procedure.
  - **Essential Medications:** Blood pressure, heart, Parkinson's, or seizure medications can usually be taken with small sips of water on the morning of the test.
  - **Medications to Stop: motility drugs** (e.g., Reglan), **calcium channel blockers** (e.g., Cardizem), **nitrates** (e.g., Isordil), **diabetic/weight loss medications** (e.g., Ozempic), **narcotics/opioids or NSAIDS**, please contact the GI clinic at 970-384-7510 for instructions on how to adjust these medications.
  - If you are diabetic using **insulin**, your medication may need to be adjusted. Please contact your PCP for directions.
    - This includes Ice, gum, chewing tobacco, and smoking

### **DAY OF PROCEDURE**

- Do **NOT** consume any solid food or liquids **6 hours** prior to your procedure.
- includes Ice, gum, chewing tobacco, and smoking

### **IMPORTANT REMINDERS FOR DAY OF PROCEDURE:**

- **Parking** can be a challenge. Please plan to arrive **1 hour and 15 minutes** prior to your arrival time to park and navigate our campus. The hospital offers free valet in both the upper and lower entrances of the hospital.
- Please have your **ID, insurance card and any copays** with you at check-in.
- If you need to change or reschedule your appointment, please call 970-384-7512 8:30am-4:30pm.

- **Please leave all jewelry and valuables at home.**
- If you use **oxygen** at home day or night, please bring a portable tank with you.
- Valley View will release **ALL** results to you as soon as they are available. Therefore, you may see some results even before we do. Please give the provider 2-3 weeks to review your results and reach out to you. If you have an immediate concern, please send a message through My Health Connection, or call the scheduling line to send a message to the provider.

### **Esophageal Manometry**

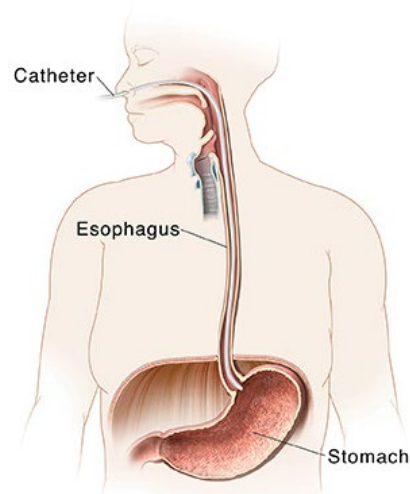
Esophageal manometry is a test to measure the strength and function of the esophagus (food pipe). Results can help find causes of heartburn, swallowing problems, or chest pain. The test can also help plan surgery and decide if a past surgery was a success.

### **Preparing for the test**

Talk with your healthcare provider about any medicines you take. Some medicines can affect the test results. Ask any questions you have about the risks of the test. These can include irritation to the nose and throat. Also ask how the test will help in your future treatment and when you'll get the results. Follow any directions you're given for not eating or drinking before the test.

### **During the test**

Manometry takes about an hour. Often you lie down during the test. Your nose and throat are numbed. Then a soft, thin tube (catheter) is placed through the nose and down the esophagus. At first you may notice a gagging feeling. You'll be asked to swallow several times. Holes along the tube measure the pressure while you swallow. Measurements are printed out as tracings, much like a heart test tracing. After the test, another catheter may be left in the esophagus for up to 24 hours to measure acid (pH) levels.



**A catheter measures pressure along the esophagus.**

### **After esophageal manometry**

You'll likely discuss the test results with your provider at another appointment. This is because time is needed to review the tracings. You may have a mild sore throat for a short time. As soon as the numbness in your throat is gone, you can return to eating and your normal activities.