

MILFORD GASTROENTEROLOGY ASSOCIATES

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ESOPHAGEAL MANOMETRY

- If it is necessary for you to cancel this appointment after 5 p.m., please call 508-473-1190, ext. 2860.

Prior to the examination:

- You should avoid medications such as **acid-reducing medications and motility drugs, such as Reglan, for 48 hours prior to your exam.**
- If you have diabetes and take oral agents or insulin, you will receive a separate sheet of instructions regarding these medications.
- Nothing to eat or drink after midnight.

Day of examination:

- Please bring to the hospital a list of medications that you are taking, including the name of the medication, dosage and how you are taking it. Also, please bring a list of your allergies.
- Take all blood pressure and heart medications with a small amount of water.

Report to:

- This test is done in the Hill Health Center of the Milford Regional Medical Center. Please report to the Hill Outpatient Desk 45 minutes before your scheduled appointment.
- Total time at the hospital will be approximately 1 hour.

You will be able to drive yourself to and from the hospital.

NOTICE: A 48-hour cancellation notice is required for all Office Appointments or scheduled Endoscopic Procedure Appointments. A missed Office or Endoscopic Procedure (Colonoscopy/Upper GI Endoscopy etc.) appointment will incur a \$50 charge. This \$50 fee is NOT covered by your health insurance.

Milford GI Associates strives to schedule all patients for Office Appointments or Procedures as promptly as possible. Because of the great need for GI services in our

community, these Appointments are very important and a Missed Appointment without prior notification adversely impacts other patients who may be waiting for an appointment.

These Appointments require the careful coordination of the schedules of our Patients and the Physicians and Nurse Practitioners of Milford GI Associates. In the case of scheduled Endoscopic Procedures, the Endoscopy Unit and Nurses at the Milford Regional Medical Center require additional consideration. Please help us, our Hospital and all members of our community by providing a 48 hour cancellation notice.

Esophageal Manometry Testing

Procedure Information for Patients

The Esophagus

The esophagus is a long, muscular tube that propels food from the mouth to the stomach. There is a strong ring-like muscle at the top of the esophagus called the UES (upper esophageal sphincter). There is a corresponding sphincter at the base of the esophagus called the LES (lower esophageal sphincter). In its normal state, the LES is in the closed position, preventing stomach contents from backing up into the esophagus (commonly known as reflux). However, during the process of swallowing, the LES will open, allowing food and liquids into the stomach. Damage to your esophagus may occur, should the LES:

- open at times other than swallowing
- not close completely

Why Esophageal Manometry Is Performed

Your doctor may want you to have an esophageal manometry because you have symptoms of dysphagia (difficulty in swallowing), odynophagia (pain in swallowing), non-cardiac chest pain (a cardiac work-up has ruled out heart problems), or if you have had chronic heartburn in the past and may now be considering surgery as an alternative to continued medication.

If you are going to have a pH catheter placed for 24-hour ambulatory monitoring, you will need to have an esophageal manometry test done first, to determine correct placement of the pH catheter.

Preparing For The Procedure

Discuss with your doctor the use of any medications prior to the study. It is recommended that food and drink not be consumed four to six hours before the study, which takes approximately 40 minutes. After the study, you may resume your normal routine unless instructed otherwise by your doctor. There are usually no special post-procedure instructions - you may drive home and resume eating and taking medication if so instructed by your physician.

How Esophageal Manometry Is Performed

Your esophageal manometry study will be performed by a doctor, nurse or technician. Generally, you will be in a comfortable, semi-reclining or reclining position. Your nose and throat will be numbed with an aerosol spray. This will minimize any discomfort associated with the placement of the small catheter through your nose and positioned in the stomach. During this time you will be able to breathe, swallow and talk with ease. However, do not talk or swallow unless instructed to do so.

During the course of the study, you will be asked to take deep breaths and swallow a number of times. The pressure resulting from these movements 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.

For Further Information

All information contained herein is subject to, and should be considered as only supplemental to the advice, care and instruction of your physician. This material is not intended for direct distribution to patients, but should only be delivered by the treating or consulting physician in conjunction with usual and appropriate instruction and explanation regarding the procedure referenced herein.