



Esophageal Manometry and 24-hour pH/Impedance Monitoring

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM.

Your procedure is schedule on _____ at _____.

Please arrive at _____.

Esophageal manometry is a test used to examine the esophagus of patients with symptoms of heartburn, regurgitation, unexplained choking, trouble swallowing, asthma, and chest or stomach pain. The manometry test examines the muscle function of the esophagus (swallowing tube) and determines the effectiveness of the valve between the esophagus and the stomach. The test is performed by passing a small tube through your nose into your stomach. Before inserting the tube, the inside of your nose will be numbed with lidocaine jelly to make this procedure more comfortable. You will not be sedated for this test, as sedation will affect the results of the test.

Twenty-four hour pH/Impedance monitoring test determines whether there may be abnormal amount of acid, as well as non-acid reflux (bile, air, etc.) or stomach contents coming back up into the esophagus. The test is performed by inserting a small pH catheter into the nose and passing it into the esophagus and/or stomach. The pH catheter will remain in nose and securely taped to the side of your face for 24 hours. During this time, you should continue your normal activities and diet. You will be asked to keep a diary of events including meals, sleeping time and any symptoms you experience. You will need to return the following day to remove the catheter. You will not be sedated for this test. A driver is not needed for these tests.

Preparations for Procedure

1. If your test is scheduled in the morning, do NOT eat or drink anything after midnight.
2. If your test is scheduled for 1:00pm or later, you may have a light breakfast such as toast, cereal, juice, milk and/or water before 7:00am and then nothing to eat or drink.
3. Please take any necessary medications (such as blood pressure or heart medications) prior to coming in for testing regardless of your appointment time.
4. Bring a current list of your medications/dosages.
5. We suggest you wear a shirt that fastens in the front to facilitate clothing change while wearing the 24-hour pH monitor.

Medications you should not take prior to the procedure (unless otherwise directed by your physician)

1. 7 days prior to testing stop taking PPIs (AcipHex, Kapidex, Nexium, Prevacid, Prilosec, Protonix).
2. 3 days prior to testing stop H2 blockers (Axid, Carafate, Pepcid, Tagemet, Zantac).
3. 3 days prior to testing stop taking motility medications (Propulsid, Reglan, Urecholine).
4. 12 hours prior to testing stop taking antacids (Tums, Roloids, Maalox, Mylanta).
5. No sleeping pills or pain medication the night before the test.

Please bring the following items to your appointment:

1. Insurance card(s) and photo ID
2. A list of your medications (to include prescription and over-the-counter), vitamins, supplements and herbs along with the dosage, and how often you take them.

IF YOU MUST CANCEL YOUR PROCEDURE, PLEASE CALL OUR OFFICE AS SOON AS POSSIBLE AT 402-397-7057.

If you have any questions, please contact our office at 402-397-7057.