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Esophageal Manometry Instructions

*****PLEASE READ ALL INSTRUCTIONS ON THE DAY THAT YOU RECEIVE THEM*****

Your procedure is scheduled at on DATE at TIME. Please arrive at TIME.

What is 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. Abnormalities in the contractions and strength of the muscle or in the sphincter at the lower end of the esophagus can result in pain, heartburn and/or difficulty swallowing.

How is the test performed?

While sitting upright, a thin, flexible tube will be placed through your nostril, down your esophagus, and into the opening of your stomach as you swallow.

You will be provided a numbing medication and /or lubricant for your comfort during the procedure.

You will then be guided through a series of instructions to swallow saline at specific intervals.

Between each swallow you will be asked NOT to swallow at all.

The catheter will be removed prior to you leaving the testing center.

The procedure takes approximately 30 to 40 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?

You will need to be fasting (nothing to eat or drink) starting at midnight the night before the procedure.

If your procedure is at 1:00PM or later, you may eat a light breakfast such as toast, cereal, juice, milk and/or water BEFORE 7:00AM.

You must take all of your regularly scheduled medications with a sip of water unless specifically advised otherwise.

Please check in at least 30 minutes prior to your procedure time.

Please bring the following items with you to the hospital the day of your procedure:

Insurance card

Picture ID

List of your current medications

Test results are typically available to your doctor within two weeks.