

Brunswick Gastroenterology Associates
Esophageal Manometry
Patient Instructions
for
Mid Coast Digestive Health Center

Arrival Date & Time: _____ at Mid Coast Digestive Health Center

Report to Mid Coast Digestive Health Center, Suite 3600. This is located on the 3rd floor of the Medical Office Building which is attached to Mid Coast Hospital. Park in the first parking lot on your left as you approach the facility. You may also use the hospital parking area and enter through the main entrance of the hospital. Follow the signage to Mid Coast Digestive Health Center.

PRE-REGISTRATION

You may call to pre-register up to 1 week prior to your procedure at 373-6192 from 8am-7pm Mon.-Fri. This is only meant to save you from waiting on the day of your procedure.

PREPARATION FOR PROCEDURE

1. 3 DAYS prior to the test discontinue Reglan/Metoclopramide
2. If possible, stop the following medications 24 hours prior to the procedure (Calcium Channel Blockers (Procardia, Norvasc, Adalat, Cardizem, Vasacor, Calan, Verapamil, Nifedipine, Diltiazem, Amlodipine) or (Atenolol, Coreg, Inderal, Lopressor, Metopropol, Tenormin, Toprol). If unsure if it is ok to stop these medications, contact your primary care physician.
3. Do not eat or drink 6 hours prior to the test.
4. Medications that are not essential should not be taken until after the test is completed. These medications include:

Pain medicine such as Demerol, Codeine, Morphine, Percodan
Sedatives or tranquilizers such as Valium, Librax, Elavil, Thorazine
Antispasmodics such as Bentyl, Donnatal, Levsin, Robinul
Promotility agents, i.e. Reglan (metoclopramide), Zelnorm (tegaserod), Erythromycin,
Domperidone.

DAY OF THE PROCEDURE

1. Diabetic medications should be taken after the procedure to avoid drops in blood sugar. Call Brunswick Gastroenterology Associates at 725-1355 with any questions.
2. Wear comfortable clothing.
3. Take medications that are allowed.
4. Bring completed history form with you along with a list of your prescription medications and over-the-counter medications with you.
5. You may drive yourself home after the test since no sedation is involved. The test will take about 45 min. and you will be at the hospital for about 1.5 hours.

Esophageal Manometry

WHAT IS ESOPHAGEAL MANOMETRY?

Esophageal manometry (also called esophageal motility) is a procedure to measure the strength and function of your esophagus and provides information about how the muscles in your mouth and esophagus work as food and liquids pass from the mouth to the esophagus. Esophageal manometry is performed for the following reasons:

- To evaluate the cause of reflux (regurgitation) of stomach acid and other contents back up into the esophagus (gastroesophageal reflux disease or GERD).
- To determine what the cause is of difficulty with swallowing food.
- To determine the cause of non-cardiac chest pain.

WHAT CAN BE LEARNED FROM THE ESOPHAGEAL MANOMETRY TEST?

The most common use for esophageal manometry is to evaluate the lower part of the esophagus in patients who have gastroesophageal reflux disease (GERD).

Manometry often can identify weakness in the lower part of the esophagus that allows stomach acid and contents to back up in the esophagus.

Manometry can diagnose several esophageal conditions that result in food sticking after it is swallowed.

Manometry reveals an absence of the waves and the contraction of the muscle everywhere in the esophagus at the same time.

THE PROCEDURE

The procedure takes about 45 minutes from start to finish.

The nurse will verify that you had nothing by mouth in the last 6 hours prior to the test.

A thin flexible tube (about one-eighth inch in diameter) is then passed through the nostril, down the back of the throat into the esophagus and the stomach, while the patient swallows water. The tube has sensors that detect pressure along the esophagus. With the tube inside the esophagus, you will lie down on your left side.

The nurse will give you small sips of water during the test to record the pressures and the progression of the swallow.

Pressure recordings are made and the tubing is slowly withdrawn.

The results of the manometry test are displayed as a graph with a wave pattern that can be interpreted to determine if the esophagus is functioning normally.

You may drive yourself home before and after the test since no sedation is involved.

HOW IT FEELS

When the tube goes through your nose or mouth into your esophagus, you may feel like coughing or gagging. The test may be easier if you try to take slow, deep breaths. You may not like the taste of the lubricant on the tube.

If you have a test that involves adding acid to your stomach, you may have heartburn pain and other symptoms of acid reflux.

After the test is over, your throat may feel sore. However, this should improve within a day or so.

RESULTS

Esophagus tests measure muscle pressure and movement, coordination, and strength of the tube that connects the throat to the stomach (esophagus). It also tests how well the ring of muscle (sphincters) at the top and bottom of the esophagus work.

AFTER THE TEST

Your physician will notify you when the results are available or will discuss the results with you at your next scheduled appointment.

You may resume your normal diet and activities and any medications that were withheld for this test.

You may feel a temporary soreness in your throat. Lozenges or gargling with salt water may help.

If you think you may be experiencing any unusual symptoms or side effects, call your doctor.