

ESOPHAGEAL MANOMETRY PROCEDURE

DATE: _____

TIME: _____

LOCATION: Jay Monahan Center, 1315 York Avenue, New York, NY 10021

WHAT IS ESOPHAGEAL MANOMETRY?

Esophageal manometry is a test used to assess the pressure and motor function of the esophagus. It aids in the evaluation of how well the muscles in the esophagus work to transport liquids or food from your mouth to the stomach. Esophageal manometry may be performed to evaluate the causes of reflux, heartburn, difficulty swallowing and non-cardiac chest pain. This test may be used in pre-operative evaluation if you are being considered for an anti-reflux surgery.

HOW IS ESOPHAGEAL MANOMETRY PERFORMED?

The study will be performed by a physician and generally takes only about 10-15 minutes. You will be seated in a semi-reclining or reclining position. Your nose and throat will be numbed by a spray to help minimize any discomfort. A small catheter will be gently placed through your nose into your esophagus and down to the stomach. You may be asked to sip water during this process to help guide the catheter. During this time, you will be able to breathe, swallow, and talk. During the study, you will be asked to swallow approximately 10 times. The pressures resulting from the swallows will be detected and recorded by tiny sensors located on the catheter. The recording will be transferred to a report for review and interpretation by your physician.

PREPARATION FOR ESOPHAGEAL MANOMETRY

- Please refrain from eating and drinking at **least 8 hours** prior to your procedure time
- Prior to your test, consult with your physician regarding prescribed medications you may take
 - ➔ No pain medications, sedatives, tranquilizers, anti-spasmodics and promotility agents
 - ➔ You may continue medications for high blood pressure, diabetes, and heart disease
 - ➔ You may be requested to be off your antacid medications (Nexium, Prevacid, Protonix, Omeprazole, etc) several days prior to the procedure. **Please consult with your physician regarding antacids prior to procedure.**

AFTER THE PROCEDURE

You may resume your normal daily activities, diet and medications following your test. You may drive yourself home after the procedure. If you experience a sore throat, taking lozenges or gargling with salt water may alleviate your discomfort.

*Please contact the physician if you have the following: nausea, vomiting, severe abdominal pain, fevers or chills
24 hours after the procedure*



If you have questions please call **The Jay Monahan Center at 212-746-4014**