



ESOPHAGEAL MANOMETRY

YOUR PROCEDURE IS TO BE DONE AT 8000 WOLF RIVER BLVD., SUITE 200.

DATE: _____

APPOINTMENT TIME: ☐ 8:00 AM ☐ 9:30 AM ☐ 11:00 AM

PLEASE ARRIVE 10-15 MINUTES EARLY TO CHECK IN FOR YOUR APPOINTMENT

What is an Esophageal Manometry?

Esophageal manometry is a test that measures how well the muscles of your esophagus work when you swallow. The esophagus is the tube that carries food and liquids from your mouth to your stomach. The test measures the strength, coordination, and movement of the muscles in your esophagus and can help your healthcare provider evaluate symptoms such as difficulty swallowing, food feeling like it is getting stuck, chest discomfort related to swallowing, regurgitation, and other suspected esophageal motility problems.

What does the equipment look like?

The test is performed using a very thin, flexible catheter (tube). The catheter contains special sensors that measure pressure and muscle activity in your esophagus as you swallow. The catheter is thin and flexible, inserted through one nostril, gently advanced through the esophagus and into the stomach, and connected to specialized equipment that records your swallowing activity. **You will be awake throughout the procedure.**

How is the procedure performed?

When you arrive, the nurse will explain the procedure and answer your questions. Your nostril will be numbed with lidocaine to make catheter placement more comfortable. The catheter will then be gently passed through your nostril, down your esophagus, and into your stomach. Once it is positioned correctly, the nurse will guide you through a series of swallows and tell you when to swallow. Please follow these instructions carefully so we can take accurate measurements. Sensors on the catheter will measure pressure and muscle activity in your esophagus during each swallow. After all required measurements are complete, the catheter will be gently removed.

What should I expect during the test?

You may experience pressure or mild discomfort in your nose or throat, a sensation of needing to swallow, watery eyes during catheter placement, and mild gagging when the catheter is first inserted.

Who interprets the results and how do I get them?

Your test will be sent to a Gastro One physician for interpretation. The completed report will then be sent to the internal or external physician who ordered your test. Your ordering physician will communicate the results to you and discuss any recommended next steps or treatment. Please remember that the nurse performing your test cannot provide the final interpretation of your results at the time of the procedure.

How should I prepare for the Esophageal Manometry?

Please plan to be at our office for approximately **1 hour** to allow time for check-in, catheter placement, testing, and completion of your visit.

Do not eat or drink anything after midnight the night before your appointment.

You will need to stop the medications listed below before your procedure. If you are unsure whether to take a medication before your test, please contact us before your appointment.

- **Proton pump inhibitors (PPIs):** Hold the night before and the morning of your appointment unless otherwise instructed. Examples include Aciphex, Prilosec, Prevacid, Dexilant, Nexium, and Protonix.
- **Motility medications:** Stop 48 hours before your appointment unless your physician tells you to continue them. Examples include cisapride, metoclopramide (Reglan), hyoscyamine (Levsin), dicyclomine (Bentyl), and erythromycin.
- **Narcotics:** Avoid for 24 hours before your appointment. This includes certain pain medications, muscle relaxers, and anti-anxiety medications. If you take these medications on a daily basis, then you may continue to take them as normal.
- **GLP-1 medications:** Hold for 1 week before your appointment unless otherwise instructed. Examples include Trulicity, Byetta, Ozempic, Victoza, Saxenda, Adlyxin, Rybelsus, Mounjaro, Zepbound, and Wegovy.

Questions Before Your Appointment?

If you have questions or concerns about your esophageal manometry test, please contact our office:

Gastro One

8000 Wolf River Blvd., Ste 200

Gemantown, TN 38138

901-747-3630