



Esophageal Manometry Study

Testing Location
River Woods Outpatient Center 375 W. River Woods Parkway Glendale, WI 53212

What is an Esophageal Manometry Study?

An Esophageal Manometry study is a diagnostic test that evaluates the muscles of your esophagus and how it functions. The study is performed to identify causes of various symptoms such as swallowing difficulties and chest pain. The study may be performed prior to anti-reflux surgery.

What happens during the test?

A GI nurse performs the study. A small diameter flexible tube will be inserted in one of your nostrils and positioned in your esophagus. You will be given some numbing medicine to sniff in your nostril to make this more comfortable. You could have some minor nasal and throat irritation when the tube is being placed, but this subsides once the tube is positioned. The tube is connected to a computer and your contractions will be visible for the nurse to see on the monitor screen as the study is performed. The nurse will ask you to swallow fluids at certain times during the test to evaluate the function of your esophagus. You will be coached during the essential recording periods to avoid additional swallows, coughing, and talking so the study is not prolonged for you and minimize the length of time the tube is in you.

How do I prepare for the test?

- Let your doctor/nurse know if you have a pacemaker/defibrillator.
- Let your doctor/nurse know if you are on blood thinners.
- No solid food after midnight the night before your procedure, and no liquids by mouth 6 hours prior to procedure.
- Please arrive 10 minutes before your appointment to complete registration.

Do I need to have someone drive me to and from the testing location?

No. You will not be sedated for the procedure.

Should I take my medications on the day of the test?

A nurse will call you a few days prior to your test, review your medication list, and instruct you on any medications you should hold.

How long does the test take and how long will I be at the testing location?

The test takes approximately 20-30 minutes, and you should plan on being with the nurse for approximately one hour.

Are there any instructions I need to have or follow after the test?

You can resume your daily routine and diet. You may have a minor sore throat, however this is rare. If your throat is bothersome, a throat lozenge or warm salt water gargle would be comforting.

How do I get my test results?

Your doctor will interpret the study and the office will call you to arrange a follow up appointment about 1-2 weeks after the study.

On the day of your test, please let your caregiver know about:

- Allergies
- Diabetes
- Blood thinners
- If you have a pacemaker/defibrillator
- Nasal surgeries and/or deviated septum

Other Information I need to know:

- **Please follow all the test instructions to ensure that your test can be done as scheduled and with optimum results.**
- **Your appointment is very important to us. If you need to cancel, please notify us the day before your test; or as soon as possible.**
- **If you have questions about the information in this guide or not sure which patient information guide is right for you, please call your doctor.**