



ESOPHAGEAL MANOMETRY

Read these instructions at least a week before you come for your procedure.

WHY DO I NEED THIS TEST?

This test will help us find out how the muscles in your swallowing tube (esophagus) work. You may need this test if you have:

- Difficulty swallowing
- Heartburn or reflux
- Chest pain

HOW SHOULD I GET READY FOR THIS TEST?

- **Do not eat for 4 hours before you have the test.** You may have sips of water. If you have suspected Achalasia, please do not eat or drink for 8 hours.
- **Do not take these medications before your procedure.** You may take them immediately afterwards:
 - Blood pressure medications
 - Heart medications
 - Muscle relaxants
- **Arrive at the hospital 1 hour before your appointment** to allow for parking and registration in our department.
- Please limit the number of people you bring with you to our waiting room.
- Bring a list of current medications and medication allergies with you.

REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.

HOW DO I TAKE THIS TEST?

- A nurse will explain the test to you. Ask them any questions you might have.
- Please allow 1-2 hours for your procedure.
- We will numb your nose and throat and will position a small tube through your nose into your esophagus. You will be given small sips of water to check how your esophageal muscles and reflux valve are working.
- We may do a:
 - Bernstein Test to see if you have heartburn or chest pain related to acid.
 - Tensilon Test to tell us if you have chest pain related to your esophagus.

WHAT HAPPENS AFTER THE EXAM?

- You may restart all medications once the tube is removed.

- Your nose and throat may feel scratchy for a short while.
- Before you leave, you will be given discharge instructions. Please contact the physician who ordered your procedure to obtain test results as it relates to your plan of care.
- After you leave, if you have continuous gagging, nausea or vomiting please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the GI doctor on-call. You may also go to your local emergency room.
- If you have questions about the test please call **(434) 924-9957**.
- If you need to cancel or reschedule the test please call **(434) 924-9999**.
- If you are out of the area, you may call 1-800-251-3627 and ask the operator to connect you to any of the numbers above.

The Digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.