

ESOPHAGEAL MANOMETRY PREPARATION:

MEDICATIONS:

Manometry

If you are only having the manometry done, you may take your usual medications up to 4 hours before testing. Your physician may take you off medicines that affect the motility of your GI tract. As your physician if you have questions or concerns.

24 hour pH study with impedance

Continue taking your heartburn medicine up to and during testing.

PREP INSTRUCTIONS:

Do not eat or drink anything 6 hours before your procedure.

If you are having a 24-hour pH test, you will be able to change your clothes easier if you wear a shirt that buttons down the front.

DAY OF EXAM PATIENT EXPECTATIONS:

The small probe that will be placed in your esophagus will be connected to a small recording device which you can wear on your belt or shirt.

Using the Patient Diary: Use the time displayed in military time on the receiver window when you record an event or symptom. Record the start and end time of each event and place a check in the appropriate column. A meal is defined as any time you eat or drink anything other than water. Sleep is defined as anytime your feet are at the same level as your heart (i.e., on the couch, in a recliner, or in bed) with your eyes closed. Do not forget to record what time you get up in the morning. Please keep a detailed diary and add a second sheet of paper and/or continue on the back of the sheet as needed.

Using the Receiver Symptom Buttons: There are 4 buttons on the receiver. Depending on your symptoms, you will use 1-4 buttons during your study. By pressing one of these buttons, the symptom is automatically recorded.

After the 24 hours is completed, please return to 1303 SE 8TH Terrace, Cape Coral, Fl. 33990 to have the probe removed (which will only take a few minutes) and return the receiver and diary.

YOUR EXAM IS SCHEDULED ON:

DATE: _____ **TIME:** _____ **BE HERE AT:** _____

PLACE: 1303 SE 8TH TERRACE CAPE CORAL, FL. 33990

YOUR POST PROCEDURE OFFICE VISIT IS SCHEDULED ON:

DATE: _____ **TIME:** _____ **WITH:** _____

Ft. Myers 4790 Barkley Cir Bldg. A Cape Coral 1303 SE 8th Terr. Bonita 3501 Health Center Blvd. Ste 2145

If you have any questions regarding the exam, call our office (239) 275-8882
or Visit our website www.giaswfl.com

ESOPHAGEAL MANOMETRY

SOME THINGS YOU SHOULD KNOW...

Esophageal manometry is a test to measure the strength and function of the **esophagus** (the “food pipe”). Results can help identify causes of heartburn, swallowing problems, or chest pain. The test can also help plan surgery and determine the success of previous surgery. Everyone has some reflux at various times. However, severe reflux may damage the lining of the esophagus and cause symptoms such as heartburn, regurgitation, chest pain, difficulty swallowing, hoarseness, cough and/or asthma.

Esophageal manometry is a procedure to measure the strength and function of the esophagus (the tube that goes from your mouth to your stomach). Results can help identify causes of heartburn, swallowing problems, or chest pain. A small, flexible tube will be inserted through your nose and down into the esophagus and stomach. The tube has a number of pressure sensors in it which will measure how your esophagus muscles work. Your nose and throat will be numbed to minimize any discomfort as the tube is inserted. You will be able to breathe and swallow normally while the tube is in place. You will be asked to swallow 10-15 small amounts of salt water & jelly like substance during certain portions of the procedure. The tube will be in place for 30-40 minutes and then it will be removed. You will not be sedated during this procedure, and you will be able to return to your normal daily routine after the procedure.

Ambulatory pH procedure (24-hour) measures the amount of acidic stomach contents and gas backing up into the esophagus. This “reflux” of stomach contents can occur at different times throughout the day, so this test takes measurements constantly over a 24-hour period. A small probe (catheter) will be inserted through your nose and down into the esophagus. Your nose and throat will be numbed to minimize any discomfort as the tube is inserted. This probe will be connected to a recording device which you can wear. You will be asked to keep a diary of your activities during the 24-hour period, and will be instructed on activating a few simple buttons on the device. You will be able to breathe, eat and talk normally during the test.

Preparing for the Test

Be sure to talk to your doctor about any medications you take. Some medications can affect the test results. Also ask any questions you have about the risks of the test. These include irritation to the nose and throat. Be sure not to smoke, eat, or drink for up to 12 hours before the test.

During the Test

Manometry takes about an hour. Usually you lie down during the test. Your nose and throat are numbed. Then a soft, thin tube is placed through the nose and down the esophagus. At first you may notice a gagging feeling. You will be asked to swallow several times. Holes along the tube measure the pressure while you swallow. Measurements are printed out as tracings, much like a heart test tracing. After the test, another catheter may be left in the esophagus for up to 24 hours to measure acid (pH) levels.

After Esophageal Manometry

You'll probably discuss the results of the test with your doctor at another appointment. This is because time is needed to review the tracings. You may have a mild sore throat for a short time. As soon as the numbness in your throat is gone, you can return to eating and your normal activities.

Insurance

You are responsible for checking with your insurance company about payment for services. The phone number for your insurance company should be located on the back of your insurance card. If your insurance company requires procedure codes please call our central business office 239-275-8882 ext. 506 to obtain those from an account representative.

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