

**ENDOSCOPIC MICROSURGERY ASSOCIATES, P.A**  
**7402 York Road, Suite 101, Towson, MD 21204**  
**410-494-1846**

**ESOPHAGEAL MANOMETRY**

NAME \_\_\_\_\_

You are scheduled to undergo an esophageal manometry on \_\_\_\_\_ at \_\_\_\_\_ am/pm.

***IN PREPARATION FOR YOUR PROCEDURE WE ASK THAT YOU OBSERVE THE FOLLOWING:***

- No medications after midnight.
- Do not take food or liquid for 6 hours before the procedure.
- There are several medications for the heart that can affect the esophagus. They include nifedipine, procardia and nitroglycerin. If you are taking medicines for your heart, please ask if these medicines should be discontinued for the procedure.

***STOP THE FOLLOWING MEDICATIONS SEVEN DAYS PRIOR TO THE PROCEDURE:***

\* Propulsid

\* Reglan

\* Erythromycin

***STOP THE FOLLOWING MEDICATIONS THREE DAYS PRIOR TO THE PROCEDURE:***

\* GI drug Domperidone

\* Calcium Channel Blockers (i.e., some blood pressure/migraine meds)

**WHY PERFORM ESOPHAGEAL MANOMETRY?** Esophageal manometry is performed to measure the actions in the esophagus to determine if esophageal motility problems occur. With some conditions food is not pushed downward properly. In other words, the muscles of the esophagus do not contract correctly. They may not squeeze in the proper order, or they may squeeze too weakly or too strongly. In other conditions, the sphincter between the esophagus and the stomach does not open and close correctly. If the sphincter does not close tightly, it can allow acid to reflux from the stomach up into the esophagus. Likewise, if it closes too tightly it may trap food in the esophagus and not allow it to pass into the stomach. The symptoms of these conditions include: sensation of food sticking, heartburn, chest pain, frequent sour taste in the mouth. This exam is often done before and after medical or surgical treatment of the esophagus.

**HOW IS ESOPHAGEAL MANOMETRY PERFORMED?** The procedure takes about one hour from start to finish. First, we will numb your nose with a jelly. Then a soft tube is gently passed through the nose and positioned in the esophagus. There is usually some mild gagging at this point but it subsides quickly. The tube has special sensors that will send pressures to a computer where they will be recorded and then analyzed after the procedure. You will be lying in a semi-reclined position throughout the test. Small sips of water will be given as we measure your swallows. The tube is slowly pulled out as we measure different areas of the esophagus. Depending on your problem, we may perform other tests while the tube is in place. One such test is a Bernstein test, which determines if you have symptoms related to acid exposure in your esophagus. This test is performed by infusing fluids through the tube. Another test is the Tensilon test, in which medication is given intravenously and any symptoms are noted.

**WHAT HAPPENS AFTER THE PROCEDURE?** You may experience a mild sore throat and nose caused by the tube. This will go away soon. Drinking warm fluids after the test may help. After the procedure you can usually resume regular activity and eating and resume your medications. The doctor will inform you and your referring doctor about the test results in a few days. The decision to perform this test was based upon careful assessment of your particular problem. If you have further questions or concerns please call the office to discuss them.