



Esophageal Manometry

and

Esophageal Manometry with Impedance

Purpose of the test:

Esophageal manometry and Impedance are tests that show how well the muscles in your esophagus (swallowing tube) work to move food and water into your stomach after you swallow.

This test is used to help diagnose problems associated with reflux disease, chest pain or pressure, heartburn, difficulty swallowing, cough, nausea or vomiting.

How the test works:

A medicine is used to numb your nose and throat prior to passing the tube. Then, a small, flexible tube is gently passed through the nose and positioned in your stomach. The tube is connected to a machine that measures and records pressure readings throughout the esophagus. You are asked to lie on your left side for about 30 minutes. You will take swallows of water or saline (water that tastes slightly salty) and also some swallows of a slightly thicker, flavored solution (similar to a soft jello.) The tube does not interfere with your breathing or swallowing.

A nurse, specially trained in the procedure, will do the test.

To get ready for the test:

- Do not eat or drink anything for at least six hours prior to the test.
- You may need to stop some of your medication on the day of your test or for 24 hours prior to the test. Please be sure to ask your doctor if there are any medications you should not take.
- Do not smoke for at least two hours before you have the test.

Registration at hospital:

- Please report to St. Francis Hospital outpatient registration 15 minutes before the test is scheduled. After getting signed in, you will be escorted to the 2nd floor Endoscopy waiting area.

What happens during esophageal manometry:

- A nurse will conduct a brief interview asking you about your health history, medicines that you are on, previous surgeries and any allergies that you have. Please bring this information with you.
- A topical anesthetic (a clear jell solution) is used to numb your nose and throat. This lubricates the passageway between your nose and throat, lessens your gag reflex and makes it easier to pass the tube.
- After the tube is passed into your stomach you will be asked to lie on your back or left side for about 30 minutes to complete the test.
- The nurse will have you take a few deep breaths and many swallows during the test.
- Occasionally, a medicine is injected into your vein and your response to it is observed. If this is planned, an intravenous line (IV) is started before the test.
- No sedation is given, so you will be able to drive yourself home after the test.

How long will it take:

The time involved to complete the test will vary for each individual. Please plan on being at the hospital approximately one and one half hours. This includes the time it takes to register and get ready for the test.

After the test:

- You may have a sore throat or nose caused by the tube. This should not last long.
- You may resume eating and taking your medication at any time after the test.
- Your doctor will have the results of the test to discuss with you within a few days.

Special notes:

Complications of this test are rare. They may include bleeding, irritation, discomfort or perforation caused by the passing of the tube.

Occasionally, an x-ray may be taken to assure that the tube is in the stomach prior to starting the test.