



Patient Information on Esophageal Manometry



Prosser Digestive Health
Motility Center

Prosser Memorial Health

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Welcome



Thank you for trusting us with your care. This guide from the Prosser Digestive Health Motility Center team will walk you through an esophageal manometry, step-by-step. Please follow the instructions carefully and do not skip any steps.

For any questions, please call us at 509.788.5599, Monday-Friday, 8 AM - 5 PM.

These preparation guides are also available online at ProsserHealth.org. To access them directly, please scan the QR code provided.



Understanding Esophageal Manometry

The Test for Swallowing Issues

WHAT IS ESOPHAGEAL MANOMETRY?

Esophageal manometry is a test that measures the muscle contractions in your esophagus. It helps doctors understand how your esophagus works while swallowing.

This test is crucial for diagnosing conditions that affect your ability to swallow properly.

UNDERSTANDING THE TEST PROCESS:

- The test takes about 45 minutes.
- You'll start by sitting upright. One of your nostrils will be numbed.
- A thin, flexible tube (about the size of a spaghetti noodle) is gently passed through your nose, down your throat, and into your stomach. Swallowing helps guide the tube into place.
- Once the tube is in position, you'll lie down and rest briefly.
- During the test, you'll be asked to swallow small sips of water while the equipment measures the pressure in your esophagus.
- After we finish recording, the tube is removed.
- You can go back to your regular activities, diet, and medications immediately after the test

WHY YOU MIGHT NEED IT?

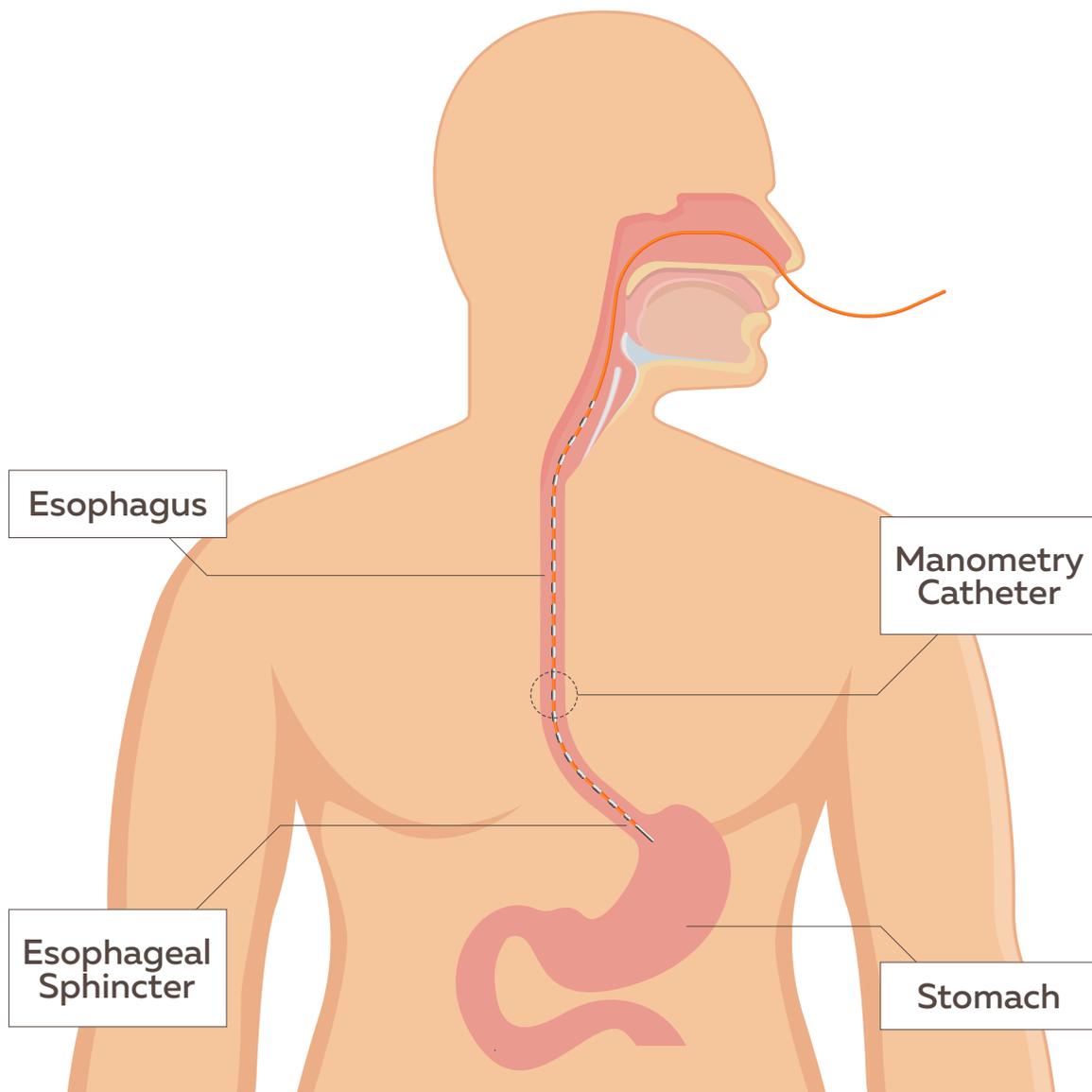
This test helps us diagnose several esophageal conditions:

Achalasia: A problem where the lower esophageal muscle doesn't relax properly, keeping food from entering the stomach.

Esophageal Spasms or Muscle Weakness: Causing food to get stuck or chest pain.

Scleroderma: A condition where esophageal muscles don't work well.

GERD (gastroesophageal reflux disease): When the lower esophageal sphincter is too weak to prevent acid from backing up into the esophagus it can also help guide treatment and plan other procedures, such as PH testing.



Preparing For Your Test

Important Steps to Take

DIETARY RESTRICTIONS:

IMPORTANT: It's essential to not eat or drink after midnight for at least six hours before your test.



PRE-TEST MEDICATION GUIDANCE

- Essential medications (like those for high blood pressure or heart conditions) can be taken with small sips of water the morning of the test.
- If you have diabetes: Usually, take only half of your normal morning dose of diabetic medication. Please review this with your doctor ahead of time.
- Avoid taking the medications listed on page 7 on the morning of your test (you can resume them afterward)

MEDICATIONS TO AVOID

PAIN MEDICATIONS	Codeine, Morphine, Percocet, etc
SEDATIVES	Valium, Ativan, Elavil, etc.
ANTISPASMODICS	Bentyl, Donnatal, Levsin, Robinul
PROMOTILITY AGENTS	Reglan (Metoclopramide), Zelnorm, Erythromycin, Motilium



After the Test

Understanding What Happens Next

TAKING CARE OF YOURSELF AFTER THE TEST:

After your esophageal manometry, it's essential to **rest and hydrate**.

You might experience a bit of discomfort in your throat, which is normal. **Avoid eating solid foods for a few hours** and stick to soft, easy-to-swallow items.

If you feel unwell or have any worsening symptoms, reach out to your healthcare provider for advice. Schedule a follow-up appointment to discuss your results and any concerns you may have.

Your comfort and health are a priority, and we're here to support you!



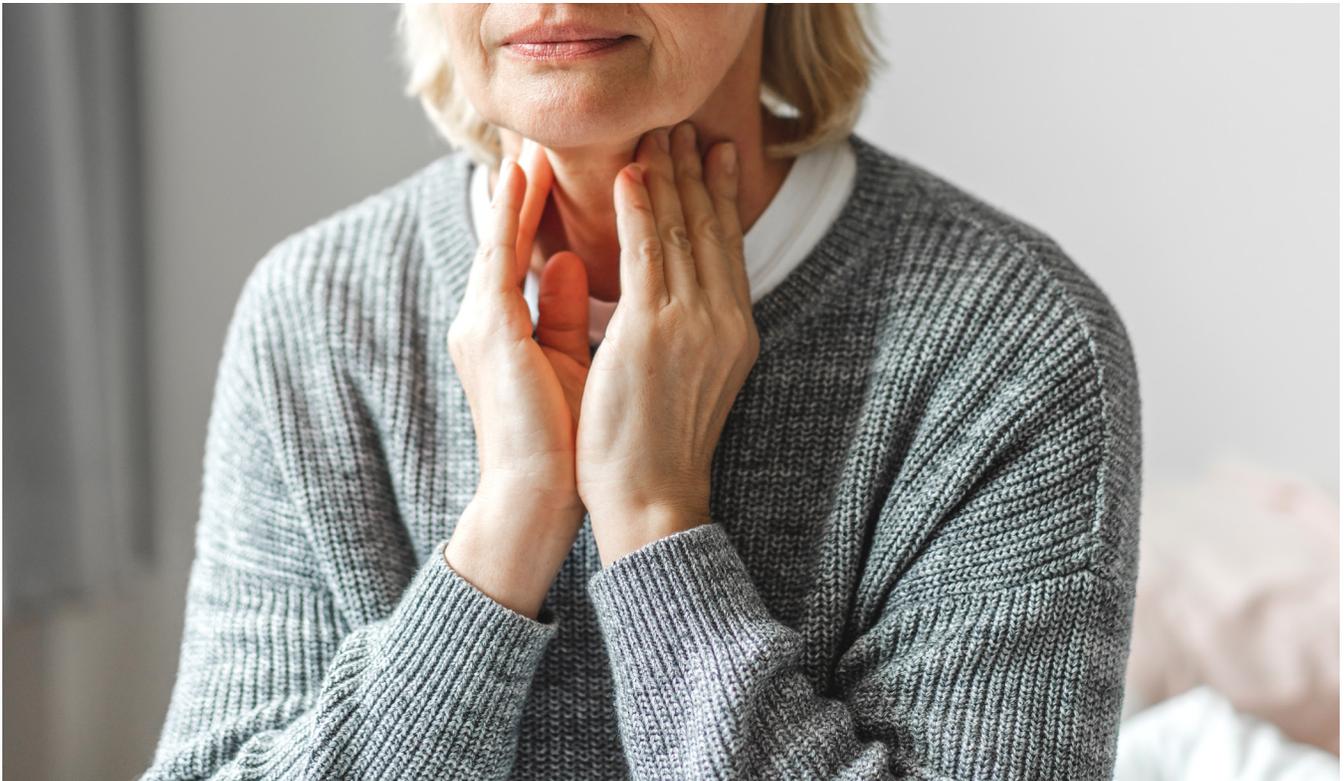
UNDERSTANDING RISKS

Most patients tolerate this procedure well. You may feel some temporary discomfort.

Possible (but uncommon) side effects include:

- Mild sore throat
- Nosebleed
- Rarely, mild sinus irritation

Very occasionally, the tube might enter the windpipe, causing brief coughing or choking, but this is quickly corrected by removing the tube and starting again.



Please call our office Monday-Friday 8 AM to 5 PM at 509.788.6002 if you have any questions about your test or instructions.



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