

ESOPHAGEAL MANOMETRY PATIENT INFORMATION

What is esophageal manometry?

Esophageal manometry is a procedure that measures the strength and function of the muscles in your esophagus (the "food pipe") that work to push food and liquids from the mouth down to the stomach.

Preparation for the esophageal manometry

- **Do not eat or drink for 4 hours before your appointment time.**
- The day of test **avoid any narcotics, benzodiazepines, and muscle relaxants** as these medications can affect the results. If you have taken any of these medications, your procedure will be rescheduled to a later date.
- Regular medications such as high blood pressure and heart medications should be taken as usual. Medications that are not essential should not be taken on the day of the test until after the test is completed. If you have questions about a specific medication, ask your physician or nurse.
- If you have diabetes, skipping breakfast may affect your need for diabetic medication. Hold your medication until after the procedure then resume as normal.

How is esophageal manometry performed?

Esophageal manometry takes about 45 minutes. The nurse will verify that you have not had food or drink within 4 hours of the study. The nurse will also verify any medication allergies you may have. At the start of the test, you will be sitting upright. One nostril is anesthetized with a numbing lubricant. A thin flexible plastic tube approximately one-eighth inch in diameter is passed through the anesthetized nostril, down the back of the throat, and into the esophagus as you swallow. With further swallowing, the tube is passed down into the stomach. There may be some gagging during some of the passage, but it is easily controlled by following instructions. With the tube inside the esophagus, you will lie down on your back. After a short rest to allow the pressures to equilibrate, the test will begin. The pressures generated by the esophageal muscle will be measured when the muscle is at rest and during swallows. During the test, the technician usually asks the patient to swallow on command with some water (called a wet swallow). Multiple swallows are tested to allow measurement of the lower esophageal sphincter (the barrier to reflux), the esophagus (the swallowing tube), and the upper esophageal sphincter (in the throat). Pressure recordings are made throughout the study and the tube is then withdrawn. Patients can usually resume regular activity, eating, and medicines immediately after the test.

What are the side effects of esophageal manometry?

Although esophageal manometry may be slightly uncomfortable, the procedure is not really painful because the nostril through which the tube is inserted is anesthetized. Once the tube is in place, patients talk and breathe normally. The side effects of esophageal manometry are minor and include mild sore throat, nosebleed, and, uncommonly, sinus problems due to irritation and blockage of the ducts leading from the sinuses and into the nose. Occasionally, during insertion, the tube may enter the larynx (voice box) and cause coughing. When this happens, the problem is usually recognized immediately, and the tube is rapidly removed.

When is esophageal manometry used?

Esophageal manometry is used primarily in several situations.

1. Evaluate the cause of reflux of stomach acid and contents back into the esophagus (gastroesophageal reflux disease or GERD). Symptoms of GERD may include heartburn, regurgitation, and chronic cough.
2. Determine the cause of problems with swallowing food, such as food or liquids getting stuck in the chest after swallowing.
3. Evaluate patients with chest pain that may be coming from the esophagus rather than the heart.

How is esophageal manometry used?

Esophageal manometry can diagnose several esophageal conditions that result in food sticking after it is swallowed. For example, achalasia is a condition in which the muscle of the lower esophageal sphincter does not relax with each swallow to allow the swallowed food into the stomach. As a result, food is trapped within the esophagus. Abnormal function of the muscle of the body of the esophagus also may result in food sticking. For instance, there may be failure to develop the wave of muscular contraction to help propel the food down the esophagus. The abnormal functioning of the esophageal muscle may also cause episodes of severe chest pain that can mimic heart pain (angina). Such pain may occur if the esophageal muscle goes into spasm (esophageal spasm) or contracts too strongly. In either case, esophageal manometry can identify the muscular abnormality. Esophageal manometry is also used to evaluate patients who might have gastroesophageal reflux disease (GERD). Manometry often can identify weakness in the

lower esophageal sphincter - the muscle that prevents stomach acid and contents from refluxing back into the esophagus. The procedure will also help localize the lower esophageal sphincter, which would help if esophageal pH monitoring were performed.

What can I expect after the test is completed?

Some people experience minor side effects like a sore throat or sinus congestion. These should resolve in a day or so. If you experience a nosebleed that does not resolve quickly, contact our office immediately.

**CALL MON-FRI 7 AM – 5 PM
OR CALL OUR AFTER HOURS NUMBER**

St. Luke's Meridian Outpatient Surgery	(208) 706-8101
St. Luke's Meridian Endoscopy	(208) 706-1225
After Hours	(208) 343-6458

Appointment Time: _____ on _____

Appointment Location: St. Luke's Meridian Outpatient Surgery – 500 S. Eagle Road, Meridian, ID 83642

We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.

**Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior-authorization.
Fee for services are required at time of check-in. Please be prepared to make a payment.**

Frequently Asked Questions

What will happen if I eat or drink a few hours or right before my procedure?

Your procedure may be cancelled. Our primary concern is for your health and safety. We give you a sedative to help you sleep during your procedure.

Eating or drinking before your procedure increases your risk of aspiration. (*Aspiration occurs when food or liquid enters your lungs.*)

You must refrain from eating or drinking 4 hours prior to your procedure.

What liquids are included in a clear liquid diet? Can I have applesauce?

A clear liquid diet consists of liquids that are clear. Liquids such as: Black coffee (*no cream*), Tea, Jell-O, Popsicles, broth, consommé, juice, Sport's Drinks, or Soft Drinks.

Applesauce, oatmeal, milk, ice cream, or purées are **NOT** considered clear liquids.

How do I know when my bowel preparation is complete? How do I know if it worked?

For the best results, only drink clear liquids (*no solid food*) the entire calendar day before your exam. Your stool should look similar to the liquids you have been drinking, clear or yellow without any stool particles.

If you have completed your entire preparation and you are still passing formed stool or dark brown fluid, your procedure may need to be rescheduled. Please contact our office.

MON-FRI 7 AM – 5 PM OR CALL OUR AFTER HOURS NUMBER

Meridian Endoscopy Center	(208) 695-2100
Boise Endoscopy Center	(208) 342-7169
Canyon County Endoscopy Center	(208) 954-8218
Main Office and After Hours	(208) 343-6458

What if I start to vomit while drinking the colonoscopy preparation solution?

If you develop symptoms of nausea or vomiting, stop drinking the preparation for 30 minutes. After 30 minutes, resume slowly drinking the preparation. If you are not able to consume the entire preparation, please call our office at the numbers listed on the front page.

Tip: Refrigerate the solution, use cold water for mixing, drink through a straw, or consume mint or ginger to prevent nausea.

Frequently Asked Questions

Continued

Can I drink alcohol during the day of the bowel preparation?

No. Consuming alcohol causes dehydration which will compound the dehydration caused by the bowel preparation. It is important to drink plenty of water or clear liquids to remain hydrated.

How does constipation affect the bowel preparation?

Constipation is a consistent factor that causes a poor preparation for a colonoscopy. Starting the colon preparation when you are constipated can make you sick and will result in a poor preparation. If this occurs, you may have to reschedule.

If you do not normally have at least one bowel movement daily, then you may need special preparation instructions. Please contact our Main Office number as soon as possible to discuss preparation options.

Can I have a colonoscopy if I am having my menstrual cycle?

Yes. Menstruation does not interfere with a colonoscopy procedure.

Can my spouse, family member, or friend come in with me during the procedure and watch?

No. The physician will speak with your family or responsible adult following the procedure.

Why can't I drive after my appointment? Does my driver have to stay the entire time I am there?

Colonoscopies and upper endoscopies require sedation to provide comfort to the patient. Sedation will also cause grogginess and slow reflexes for up to 12 hours. This is why you cannot drive your car or perform activities that require quick reflexes or good judgement until the following morning. It is necessary for you to arrange for a responsible adult to safely drive you home after your procedure. If you are taking a taxi, Uber, or Lyft, your driver will not meet with the physician and will be summoned when you are ready to leave the facility. **If you do not have a responsible party to drive you home, your procedure may be rescheduled.**

Tip: IGA has a form called the Rideshare Acknowledgement and Release that you must sign if you choose to use a service such as a taxi, Uber, or Lyft.

What can I expect during my procedure?

When you arrive the day of your procedure, an IV will be placed into your right arm or hand and your medical history will be reviewed.

During the procedure, we lay you on your left side. If you are unable to lay on your left side, we need to know prior to your procedure. Please call our office so we can plan accommodations. An Upper Endoscopy takes about 15 minutes, and a colonoscopy takes about 20-45 minutes.

Once your procedure is finished, your recovery time is about 30 minutes. Once you are discharged, you may resume your regular diet unless otherwise indicated.