

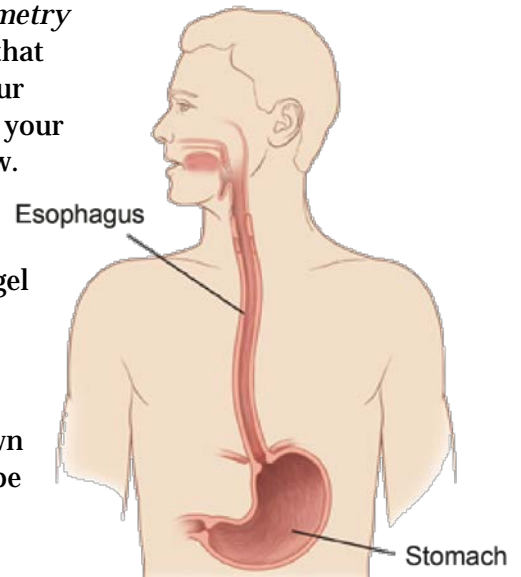
Esophageal Manometry Study

How to prepare and what to expect

This handout tells how to prepare for an esophageal manometry study.

What is an esophageal manometry study?

You are scheduled to have a *manometry* study of your *esophagus*, the tube that carries food from your throat to your stomach. This study will show how your esophagus works when you swallow.



The esophagus is the tube that carries food from your throat to your stomach.

What can I expect?

For the study, we will first apply a gel to your nose and throat. This will numb the area.

We will then place a narrow probe through your nose and move it down to your esophagus. The probe will be in place for about 10 minutes.

During this time, we will ask you to swallow small amounts of slightly salty water (*saline*), about 1 teaspoon each time.

No other medicines are used during this study. After it is over, you will be able to drive and eat and drink as usual.

How do I prepare?

- **If you use warfarin (Coumadin) or other blood-thinning medicines:** Please tell us at least 1 week before your study. We will give you special instructions to follow.
- **If you use metoclopramide (Reglan) or cisapride (Propulsid):** Stop taking this medicine starting 48 hours before your study.
- **Starting 6 hours before the study, do not eat anything.** You may drink clear liquids until 2 hours before the study. Clear liquids include water, apple juice, broth, plain tea or coffee, soda, and Jell-O.
- **Starting 2 hours before the study, do not eat or drink anything.** If needed, you may take prescription medicines (but **not** Reglan or Propulsid) with a small sip of water.

Questions?

Your questions are important. Call if you have questions or concerns.

Center for Esophageal and Gastric Surgery/Manometry and pH Study Lab:
206.598.7350

To schedule an appointment, call 206.598.6686.