

Esophageal Manometry Study

Your doctor has recommended you have an esophageal manometry (motility) study as part of your evaluation. An esophageal manometry study is a diagnostic study that will evaluate the function of your esophagus. The esophagus is a muscular hollow tube that transports food from your mouth to your stomach.

When you swallow, your esophagus contracts and pushes food into your stomach. Esophageal manometry measures the contractions. The study also measures the force and coordination of esophageal muscles as they move food into your stomach.

The results of this study will help your doctor determine a diagnosis and the best treatment options for you.

Risks

Esophageal manometry is generally safe, and complications are rare. You might, however, have some discomfort during the study, including:

- Gagging when the tube passes into your throat.
- Watery eyes
- Discomfort in your nose and throat

After the study is finished, you might have mild side effects, which typically resolve within hours. Side effects can include:

- Sore throat
- Stuffy nose
- Minor nosebleed

Preparing for the Study

- Do not eat food for at least 6 hours or drink clear liquids for at least 4 hours before the study or as instructed.
- If you are diabetic, please bring your glucose meter, study strips, and a source of fast-acting glucose with you (such as glucose tablets or glucose gel).
- Follow your doctor's instructions concerning your medications.
- Your doctor or nurse will provide you with other specific instructions. Please check with your doctor to ensure that you are not taking anything that may affect your study.

During the Study

When you arrive the nurse will explain what will be done before, during and after the esophageal motility study. If you have any questions, please ask.

The study involves having a small flexible tube gently inserted through your nose down the esophagus and into the stomach. Before placing the tube, your nose can be lightly anesthetized with a numbing gel. You may feel a little pressure in your nose or a minor amount of throat irritation as the tube is passed. This sensation should subside once the tube is positioned. The tube will be secured at your nose for the duration of the study.

You will be asked to swallow fluids at different times during the study to evaluate the function of your esophagus. The tube will be removed at the conclusion of the study.

You will be able to drive yourself home after the study. Your doctor will review the study results and discuss them with you later.

Questions?

Deanna Byrne, RN or Sybil Ryan, RN (970) 669-5432 ext. 46286