

## Esophageal Manometry

Your appointment for Esophageal Manometry is:

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Your study will be completed at WakeMed Cary Hospital's Endoscopy department. WakeMed Cary Hospital is located at 1900 Kildaire Farm Road in Cary. If you have any questions about this study, please call the physician that ordered the exam or you may call the Endoscopy department at 350-2435, Monday through Friday from 8 am to 4 pm.

### WHAT IS ESOPHAGEAL MANOMETRY?

This exam allows your physician to evaluate how strongly the muscles of the esophagus contract when you swallow and how competent the sphincter (valve) is at the end of the esophagus. A Registered Nurse supervised by a gastroenterologist completes this procedure. The study usually takes 45 to 90 minutes.

### HOW DOES IT WORK?

A small tube with special sensors is gently inserted through a nostril and positioned in the stomach and esophagus. In most cases, it is an easily tolerated procedure. You may feel a little pressure in your nostril and slight gagging as the tube is initially passed. After the tube is placed, you will be assisted to a reclining position. Initially during the exam, you will be asked to control your swallows. As the exam proceeds, you will be given small sips of water and asked to swallow as a computer records the muscle movement.

Because numerous medications affect the outcome of an esophageal manometry study and the necessity of your cooperation, you will not be given any sedation for the exam. However, you may receive a topical anesthetic to your nose and throat if desired. There is a minor risk associated with the insertion of the tube, including bleeding. You will be able to drive and

return to your daily routine after the procedure. In many cases, pH testing immediately follows esophageal manometry.

### PREPARATION

- Please refrain from eating or drinking for at least six (6) hours before the test.
- Wear comfortable clothing.
- Complete the attached health history form and bring it with you the day of your test.

### MEDICATION

Certain medications interfere with normal esophageal function. Please discontinue the following medications at least 24 hours before your appointment. **Always consult with your physician before stopping any medication.**

- **Calcium Channel Blockers** – Nifedipine, Verapamil, Diltiazem, etc.
- **Nitrites** – Nitroglycerine, Nitropatches, Paste, Isosrbide-Dinitrate, etc.
- **Anticholinergics** – Propantheline, Reglan, Bethanechol etc.
- **Beta Blockers** – Corgard, Inderal, Lopressor, Tenormin etc.
- **Sedatives** – Valium, Ativan, Tranxene, Clonipin etc.
- **Pain Medications** – Percocet, OxyContin, Morphine etc.

If you are not sure if you are taking a medication that may fit into one of these categories, please check with a physician, nurse or pharmacist.

### Endoscopy Department

WakeMed Cary Hospital, 1900 Kildaire Farm Road, Cary, NC 27511, 919-350-2435