

## What is Esophageal Manometry?

Esophageal manometry is a test to evaluate how the muscles of the esophagus work. The esophagus connects the throat to the stomach. This test is recommended for many reasons. These include having a hard time swallowing or chest pain. The test is also done before some surgeries of the stomach or esophagus.

During the test, a small flexible probe is inserted into the nose and passed through the esophagus. Once the probe is in place, it is taped to your nose. You may feel some pressure in your nose and in the back of your throat as the probe is being inserted.

The test is done while you are lying flat or on your left side. You can breathe, swallow and talk while the probe is in place. . The procedure usually takes about 30 – 40 minutes.

## What is Ambulatory pH?

An ambulatory pH test is done to evaluate problems with acid and non-acid reflux and heartburn. It is also done before certain kinds of surgeries.

It is important that you **not** eat or drink for 8 hours before the test. We will also give you a list of medications that you should stop taking before the test.

The test is done by placing a small probe through your nose. It is taped in place to the outside of your nose. The probe is connected to a recorder that will record the information during the test. You may feel an irritation in the back of your throat or nose. This will lessen as you get used to the probe.

You will keep the probe in overnight. You should not shower or bathe while you have the probe.

We will give you a sheet to keep track of your symptoms while you have the probe. We want you to eat, drink, and do the usual activities that cause your symptoms. The next day you will return to the clinic to have the probe removed.

We will send the results of your test to the doctor who referred you within the next two weeks.

*The Digestive Care Center is a department of Regions Hospital*