# Esophageal Manometry

## Preparing for your procedure

Your procedure is scheduled for: ________________________________

Please check in at: __________ a.m./p.m.

Allow about 60 to 90 minutes in your schedule to complete your appointment. Show your current insurance card and photo ID at check-in.

<table>
<thead>
<tr>
<th>7 days before your procedure</th>
<th>1 day before your procedure</th>
<th>Day of your procedure</th>
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<tbody>
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<td>• Talk to your primary care clinician about stopping any:</td>
<td>Don’t take any of the following medications for 24 hours before your procedure:</td>
<td>Don’t eat or drink anything 6 hours before your procedure.</td>
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<tr>
<td>» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or warfarin (Jantoven or Coumadin).</td>
<td>• Metoclopramide hydrochloride (Reglan)</td>
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<td>» Antiplatelet medications, such as clopidogrel (Plavix).</td>
<td>• Domperidone (Motilium)</td>
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<td>• Prucalopride (Resolor)</td>
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<td>• Tegaserod (Zelnorm)</td>
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<td>These medications may affect the results of your esophageal motility.</td>
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What is esophageal manometry?

Esophageal manometry is a procedure that enables your clinician to evaluate the muscles in your esophagus. The esophagus is a long, muscular tube that connects your throat to your stomach. The muscles in your esophagus help move food to your stomach.

The procedure involves inserting a small flexible tube through your nose down into your esophagus. Once the tube is in place, a machine measures the muscle activity.

This procedure helps check if your esophagus is working properly, especially if you have chest pain, heartburn, acid reflux or difficulty swallowing. The procedure also measures the pressure of the muscle at the lower end of the esophagus before surgery.

What happens during the procedure?

- You’ll be lying down during the procedure with your head raised.
- You’ll receive a local anesthetic, xylocaine (Lidocaine) medication, to numb your nose.
- A nurse will pass a flexible tube through your nose into your esophagus. The tube won’t interfere with your breathing.
- Once the tube is in place, the nurse will ask you to swallow sips of water.
- The procedure takes about 40 to 60 minutes.

What happens after the procedure?

- You may return home or to work after the procedure.
- You may restart any medications you stopped and resume your usual diet and activities.

What are the risks and side effects of esophageal manometry?

During the procedure, you may experience:

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

After the procedure, you may have some mild side effects, including:

- Sore throat.
- Stuffy nose.
- Minor nosebleed.

Serious complications can occur but are extremely rare. They may include:

- Inhaling stomach contents that flow back into your esophagus (aspiration).
- A tear in your esophagus.

How do I get my results?

Results will be sent to the clinician who ordered the procedure within 14 days. The clinician ordering the procedure will follow up with you about the results and any follow-up tests or treatments.

What about payment?

Contact your health insurance provider about your coverage and benefits for esophageal manometry. Coverage and benefits depend on your insurance plan and the reason for the esophageal manometry.