



## **PATIENT EDUCATION/INFORMATION SHEET ESOPHAGEAL MANOMETRY/24 HOUR pH MONITOR**

**Esophageal Manometry** is a diagnostic tool used to measure the strength and function of the lower esophageal sphincter (the valve that prevents reflux of gastric acid into the esophagus) and the muscles of the esophagus. The results will tell your doctor if your esophagus is able to move food to your stomach normally.

Esophageal Manometry is performed for the following reasons:

To evaluate the causes of gastric reflux, heartburn, difficulty swallowing, and non-cardiac chest pain  
Preoperative evaluation for anti-reflux surgery.

**24-Hour pH Test** measures and records the pH in your esophagus to learn if you have gastroesophageal reflux disease (GERD).

### **HOW ESOPHAGEAL MANOMETRY IS PERFORMED:**

This procedure is performed at Lubbock Digestive Disease Associates by an RN/LVN. A brief history will be obtained and any questions or concerns will be addressed prior to the study. Generally you will be in a comfortable, semi-reclining or reclining position. A thin, flexible catheter will be passed into your esophagus through your nose, and you will be asked to swallow small amounts of water.

This study is very safe and complications are rare. Potential complications include nasal pain, minor bleeding, runny nose, throat discomfort, irregular heart beat with dizziness, and misguided catheter into the trachea causing you to cough. Rare complications include esophageal perforation that might require surgical intervention.

### **HOW A 24-HOUR pH TEST IS PERFORMED:**

A second thin, flexible catheter will be inserted through your nose and advanced to your esophagus and will be fastened to the side of your face with tape. The end of the tube that comes out your nose is attached to a portable recorder that is worn on an adjustable strap. The recorder has several buttons on it that you will press to mark certain events. The nurse will review the monitoring instructions with you.

### **PREPARATION FOR ESOPHAGEAL MANOMETRY/24-HOUR pH TEST:**

The proton pump inhibitors (Dexilant, omeprazole, lansoprazole, pantoprazole, rabeprazole) will be stopped at least \_\_\_\_\_ days before your procedure.

The H2 receptor antagonists (cimetidine, famotidine, ranitidine) will be suspended at least \_\_\_\_\_ days before

Do not eat or drink anything after midnight the night before your test, if scheduled before 12:00 PM.

Do not eat or drink anything after 8:00AM if your test is scheduled after 12:00 PM.

Please do not wear face makeup- this inhibits the taping of the catheter

You may take necessary medication with a small sip of water up to 2 hours before your study. These medications include high blood pressure and heart medication.

If you are a diabetic, follow your physician's instruction regarding medication dosage.

Medications to avoid the day of the procedure includes: all pain medication, sedatives, tranquilizers, antispasmodics and promotility medications. These medications can affect the muscles of your esophagus altering the outcome result of your study.

**AFTER THE ESOPHAGEAL MANOMETRY/24- HOUR pH TEST:**

You may drive yourself home after the study since no sedation is involved. You may resume your normal daily activities. Eat your regular meals at the usual times. If you do not eat during the monitoring period, your stomach will not produce acid as usual, and the test results will not be accurate. Eat at least 3 meals a day. Continue medications as prescribed, other than acid reducers unless otherwise instructed.

**Recording symptoms:** Press the appropriate button on your recorder when symptoms occur. The nurse will review instructions with you.

**Recording events:** Record the time you start and stop eating and drinking. Record the times you lie down (even if just resting) and when you get back up.

Contact our office if you have unusual symptoms or side effects.

DIAGNOSTIC STUDY	DATE OF APPOINTMENT	TIME OF APPOINTMENT
Esophageal Manometry w/impedance <u>AND</u> 24 Hour pH Monitor		

On the day of your appointment, report to: 3610 24<sup>th</sup> Street, Lubbock, TX 79410

If you have any questions regarding your appointment please call 806-793-3141.

**Cancellation Policy:** A \$100.00 fee will be charged to those who do not keep their appointment or cancel their appointment with less than 48 hours notice. Procedure appointment slots are very limited and you will be helping other patients receive the care they need and deserve. To cancel or reschedule, please call (806) 793-3141 ext 211.