

Oesophageal manometry and 24hr pH study performed on Proton Pump Inhibitor (PPI) Medication.

Please read the following information carefully.

Your doctor has referred you for oesophageal manometry and 24hr pH studies whilst you continue to take your PPI medication (e.g Omeprazole, Esomeprazole, Pantoprazole, Lansoprazole, Rabeprazole).

- These tests will provide further information regarding the function of your oesophagus and assess the presence and/or severity of acid reflux.

What are oesophageal manometry and pH studies?

- Oesophageal manometry is a test to measure pressure in your oesophagus.
- We will take measurements of how strong the muscles are and how well they work when you swallow.
- A 24 hour pH study will assess the severity of acid reflux.

How do I prepare for the test?

- If you have a morning appointment, please do not have anything to eat or drink from midnight before the test.
- If you have an afternoon appointment, please do not have anything to eat or drink after 9.30am.
- This is to make sure your stomach is empty before beginning the test.
- Sedation is not offered for this procedure, so you will be able to

drive, and travel alone if you wish.

- You may be required to stop certain medications up to 3 days before the test. Please see the enclosed list.

What will happen when I arrive for the tests?

- We will discuss your clinical history, and outline how the procedures will be performed.
- You will be given the opportunity to ask any questions and your written consent will be obtained before the tests begin.
- A local anaesthetic spray will be offered to reduce discomfort in nose during the procedure.
- The oesophageal manometry test involves passing a small tube in through your nose and down into your stomach, whilst you are drinking water.
- You will lie down on the bed and a recording of the muscle pressure will be taken.
- The 24 hr pH study is an overnight recording of acid levels in your oesophagus.
- The pH tube is passed in through your nose with the end of the tube positioned just above your stomach.
- The tube is secured to your cheek using tape and is connected to a recording box which you will carry around in a small bag over your shoulder.

- We will give you a diary sheet to write down your meal times and any of your usual symptoms, if you experience them.
- You will be asked to return the following day for the pH tube to be removed.

How long will the test take?

- We usually allow one hour for your appointment to be completed.

Medication Information

Medication to be **stopped 3 days** prior to test date:

Cyclizine
 Alverine
 Domperidone
 Metoclopramide
 Ondansetron

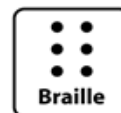
Medication to be **stopped 24 hours** prior to the test date:

Magnesium/aluminium containing antacids, for e.g., Gaviscon, Rennie
 Nifedipine
 Mebeverine
 Hyoscine butylbromide (Buscopan)
 Prochlorperazine
 Diltiazem
 Cinnarizine

- Please continue all other medication (e.g. medication for your heart, breathing problems, diabetes).
- If you are unsure about which medication you need to stop please contact the department.

If after reading this leaflet you have any queries about the test please contact:

Rachel Smith (Clinical GI Physiologist) in the GI Physiology unit on 0151 529 0411



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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