

Oesophageal manometry and 24hr pH study

Please read the following information carefully.

- Your doctor has referred you for oesophageal manometry and 24hr pH studies.
- 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, travel alone and carry on with your normal daily activities if you wish.

- You may be required to stop certain medication up to 7 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 7 days** prior to test date:

Omeprazole	(Losec/Zanprol)
Esomeprazole	(Nexium)
Rabeprazole	(Pariet)
Pantoprazole	(Protium)
Lansoprazole	(Zoton)

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

Ondansetron
 Cyclizine
 Nizatidine
 Famotidine
 Ranitidine
 Cimetidine
 Alverine
 Domperidone
 Metoclopramide

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

Magnesium/aluminium containing antacids e.g.
 Gaviscon
 Rennie's
 Nifedipine
 Mebeverine
 Hyoscine butylbromide (Buscopan)

Prochlorperazine
 Diltiazem

- 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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