

# Oesophageal Manometry

## Please read the following information carefully.

- Your doctor has referred you for oesophageal manometry.
- This test will provide further information regarding the function of your oesophagus.

## What is oesophageal manometry?

- Oesophageal manometry is a test which measures the pressures along your gullet, at rest and when you swallow.

## 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 3 days before the test. Please see the enclosed list.

## How long will the test take?

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

## What will happen when I arrive for the test?

- The procedure will be performed in a private room.
- We will discuss your clinical history, asking questions regarding your symptoms, medications and previous investigations/surgical procedures.
- We will outline how the procedure will be performed and you will be given the opportunity to ask any questions.
- Your written consent will be obtained before the test begins and a local anaesthetic spray will be offered to reduce discomfort in the nose during the procedure.

## What will happen during the test?

- 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.
- During the test we will give you sips of water at short intervals, and also ask you not to swallow for certain periods of time.
- This will allow us to accurately assess the strength and function of the muscles in your oesophagus.

- After the procedure has taken place, you may experience slight tenderness to the nose, however this should resolve quickly after the tube has been removed.

## Medication Information

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

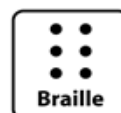
Cyclizine  
Alverine  
Domperidone  
Metoclopramide  
Ondansetron

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

Nifedipine  
Kolanticon gel  
Mebeverine  
Dicyclomine Hydrochloride  
Prochlorperazine  
Hyoscine Butylbromide (Buscopan)  
Cinnarizine  
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:

**Tel No: 0151 529 2906**

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