

Patient Name: \_\_\_\_\_

Your study is scheduled for: \_\_\_\_\_

at \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

(30 min)

**Location:**  Deaconess Midtown Hospital  
Patient Registration  
600 Mary St.  
Evansville, IN 47710

GI Specialty Center  
Medica Office Bldg. 6  
4219 Gateway Blvd.  
Newburgh, IN 47630

If you cannot keep your appointment, please allow a three-day notice for cancellation.  
To cancel or reschedule your appointment, please call the scheduler at 812-426-9545.

## **INSTRUCTIONS FOR PREPARING FOR YOUR STUDY**

### **1 DAY before your procedure**

1. **Stop** taking the following medications:
  - **Calcium Channel Blockers:** Calan, Verelan (Verapamil), Cardizem (Diltiazem), Procardia (Nifedipine)
  - **Nitrates:** Isordil (Isosorbide), Nitrobid, Iso-Bid
  - **Antispasmodics:** Bentyl, Donnatal, Levsin, Robinul, Levbid, Pro-Banthine (Propantheline)
  - **Promotility agents:** Reglan (metoclopramide), Zelnorm (tegaserod), erythromycin, Motilium (domperidone)

### **DAY OF your procedure:**

1. **Stop** all food and water at \_\_\_\_\_, **SIX hours** prior to your study.
2. **Stop** taking the following medications:
  - **Pain medicines:** Demerol, Codeine, Morphine, Percodan, Percocet, Oxycodone, Dilaudid, Tramadol, Vicodin, Hydrocodone
  - **Sedatives or tranquilizers:** Valium, Librax, Ativan, Elavil, Thorazine, Xanax, Klonopin, Amitriptyline, Trazadone, Ambien
3. Please take heart, lung, blood pressure and seizure medication with a small sip of water at least two hours prior to your study.
4. If you are diabetic, consult your physician regarding medication/insulin dosage.
5. Bring your total list of medicines with you to the procedure.

- ***If you feel you must take a prescribed medication listed above, please call 812-426-9545, and one of our nurses will discuss the medication and how it may affect your study. We can do the study with these medications, but they may alter the pressures or motility of the esophagus.***
- ***Your doctor may want you to take your medicine so that he can see how well the medication is working. The doctor will notify you if this is the case.***
- ***If you have any questions about your study or how to prepare for it, please call the office at 812-426-9545.***

**What is esophageal manometry?**

Esophageal manometry is a procedure used to evaluate the pressures and motor function of the esophagus (food pipe). It helps determine how well these muscles work to transport liquids and food down to the stomach. It may be performed to help determine causes of heartburn, reflux, difficulty swallowing, non-cardiac chest pain, or as a pre-operative assessment for anti-reflux surgery.

*For more information, you can find a video on YouTube called “Down the Hatch – What Exactly Is Esophageal Manometry?” by Dan Trevan.*

**How does manometry work?**

The study will be performed by a nurse and takes approximately 20 to 30 minutes. Your nose and throat may be numbed with a spray or gel. The catheter is then placed through your nose and into your stomach. Once the probe is placed, you will be lying on your back with your head elevated. During the study, you will be able to breathe, swallow and talk with ease.

You will be asked to take a series of swallows during the study. The solution you will swallow will have a slightly salty taste. As you swallow, tiny sensors on the catheter will measure the pressures from contractions in your esophagus, and these pressures are recorded on a report that will be reviewed by your doctor.

**Risk Statement:**

Be sure to discuss the potential risks, benefits and contraindications of esophageal manometry with your physician.

The risks of probe/catheter insertion into the nasal passage include:

- Nasal discomfort
- Minor bleeding
- Runny nose
- Throat discomfort
- Irregular heartbeat
- A hole in the esophagus (perforation)
- Trachea intubation

Currently, there are no alternative tests to measure the pressures and motor function of muscles in the esophagus.

**After the study:**

You may drive yourself home and resume your normal daily activities. You may restart your normal diet and take the remainder of your morning medications. If you experience a sore throat, taking lozenges or gargling with salt water may alleviate your discomfort.

Your physician will interpret the study and contact you with results.

**IMPORTANT: Please follow all instructions listed on this sheet for your safety. Your procedure could be canceled and rescheduled.**

1. **Do not eat or drink SIX hours prior to your study.**
2. Stop certain medications (**listed on first page**)
3. Follow instructions given by your gastroenterologist or on this instruction sheet **ONLY**.