Patient information leaflet

Royal Surrey County Hospital NHS
NHS Foundation Trust

What is oesophageal manometry?

The Oesophagogastric Unit

Please note this examination is usually followed by 24hr pH impedance monitoring.

What is oesophageal manometry?

Oesophageal manometry is a test used to measure the function of the oesophagus (gullet) and lower oesophageal sphincter (the valve that prevents reflux of stomach contents into the oesophagus). This test will tell your doctor if your oesophagus is able to move food to your stomach normally.

The manometry test is often recommended for people who have:

- Difficulty swallowing
- Pain when swallowing
- Heartburn
- Chest pain
- Chronic cough or hoarseness

Are there any alternative procedures?

There are no alternatives to this procedure.

The swallowing and digestive processes

To know why you might be experiencing a problem with your digestive system, it helps to understand the swallowing and digestive processes.

When you swallow, food moves down your oesophagus and into your stomach with the assistance of a wave-like contraction of the oesophagus called peristalsis. Disruptions in peristalsis may cause chest pain or problems with swallowing.

In addition, the lower oesophageal sphincter prevents food and acid from backing up out of the stomach into the oesophagus. If this valve does not work properly, food and stomach acid can enter the oesophagus and cause a condition called gastro-oesophageal reflux disease (GORD). Manometry will indicate not only how well the oesophagus is able to move food down the oesophagus but also how well the lower oesophageal sphincter is working.

Before the test

Special conditions

- Tell the doctor/nurse if you have a lung or heart condition, have any other diseases, or allergies to any medications.

Medications

Please inform doctor/nurse if you are taking any of these medications. They will advise on the medications to stop if in doubt.

Please follow the instructions below (unless told otherwise by your doctor):

- **One day** (24 hours) before the test, stop taking: Calcium channel blockers: such as Verapamil; Adalat®, Nifedipine; Diltiazem, Nitrate and Nitroglycerin products eg Isosorbide;
- **Twelve hours** before the test, do not take sedatives: such as diazepam
- Do **not** stop taking any other medication without first talking with your Doctor.

Day of test

Eating and drinking

- Do not eat or drink anything for 6 hours before the test
- Do not wear perfume or cologne

During the test

- You are not sedated. However, a topical anaesthetic spray (pain relieving medication) will be applied to your nose to make the passage of the tube more comfortable.
- A small (about 1/4 inch in diameter), flexible tube is passed through your nose, down your oesophagus and into your stomach. The tube does not interfere with your breathing. You will be seated while the tube is inserted.
- You may feel some discomfort in the nose and throat as the tube is being placed, but it takes only about a minute to place the tube. Most patients quickly adjust to the tube's presence. Vomiting, coughing and nose bleeds are possible when the tube is being placed, but are uncommon. On rare occasions, insertion may not be successful.
- The end of the tube exiting your nose is connected to a machine that records the pressure exerted on the tube. Sensors along the tubing sense the strength of the peristalsis and the lower oesophageal sphincter. During the test, you will be asked to swallow water (and on occasion solids eg marshmallows) to evaluate how well the oesophagus is working.
- This test lasts 20 to 30 minutes. When the test is over, the tube is removed. The doctor will interpret the recordings that were made during the test.
- **Usually you will proceed to a 2nd tube insertion for 24 hr pH impedance.**

After the test

- Your referring doctor will notify you when the test results are available or will discuss the results with you at your next scheduled appointment.
- You may resume your normal diet and activities and any medications that were withheld for this test.
- You may feel a temporary soreness in your throat. Lozenges or gargling with salt water may help.
- If you think you may be experiencing any unusual symptoms or side effects, call your doctor.

This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.

Reference:

The Cleveland Clinic Foundation
Integrated clinical and hospital care with research and education to provide a broad range of healthcare. my.clevelandclinic.org

Notes

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Contact details

For further information contact your Consultant's Secretary via RSCH switchboard on:

Tel: 01483 571122

ext 4933/4521 (Dr K Alexandropoulou)
ext 2703 (Prof P Gatenby)

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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