



## Esophageal Manometry Pre-Test Instructions

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: St. Francis Hospital 2<sup>nd</sup> Floor Suite 202

**Please review your medications with your physician prior to the test as some cardiac medications can interfere with the test results and should be stopped for 24 hours before the test.**

### **One day prior to the procedure:**

**\*\*NOTHING TO EAT OR DRINK AFTER MIDNIGHT (12AM)\*\***

### **On the day of your procedure:**

1. Take your blood pressure and heart medications with a sip of water the morning of your procedure.
2. **Do not** take any diabetic medications.
3. Test will take about 1 hour.

### **What to expect with your procedure:**

A tube will be inserted through your nose to measure relaxation and contraction of the sphincter muscle at the start and end of the esophagus. It will also measure the pushing motion, or peristalsis, in the middle of the esophagus.

This procedure is typically conducted on patients experiencing trouble swallowing, food/liquid getting stuck in their throat, acid reflux, non-cardiac chest pain, and some lung problems.