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**ESOPHAGEAL MANOMETRY
INSTRUCTION SHEET**

- 1. **NOTHING TO EAT OR DRINK** for at least twelve hours prior to test.
- 2. No smoking for twelve hours prior to test.
- 3. **STOP** any drug that may alter the motility of the esophagus. Examples are:
 - a. Reglan
 - b. Pain Medication
 - c. Antihistamines
- 4. Please follow instructions carefully. Any alterations may require your test be canceled and rescheduled.

Esophageal manometry is a test to measure the strength and function of the esophageal (food pipe). A thin tube is placed through the nose, into the esophagus. You will be asked to swallow several times, including sips of water. Measurements of the pressure and swallows are printed out as tracings, much like an EKG. After the manometry test, another catheter may be left in the esophagus for up to 24 hours to measure the acid levels. Results can help identify causes of heartburn, swallowing problems, or chest pain. Sedation for this procedure is not necessary and would interfere with motility of the esophagus.

Your test is scheduled _____ @ _____

At _____

If you have any questions concerning your test, please call our office at **281-481-9400**