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## PREPARING FOR YOUR ESOPHAGEAL MOTILITY (MANOMETRY) TEST

To ensure a successful test, please follow all instructions carefully.

### **48 hours before your test:**

Avoid taking the following medications unless you are under strict doctor's orders to continue these medications for certain medical conditions (such as a seizure disorder). If so, continue taking the medications but please inform the nurse on the day of the exam. The most accurate results will be obtained if you are able to avoid taking these medications:

**Metoclopramide** (Reglan®)

**Bethanechol** (Urecholine®)

**Erythromycin**

**Muscle relaxers** (examples: Flexeril®, Cycloflex®, methocarbamol, metaxalone, carisoprodol, cyclobenzaprine).

**Benzodiazepines** (examples: clonazepam, Klonopin®, diazepam, Valium®, lorazepam, Ativan®, midazolam, Versed®, temazepam, Restoril®, Xanax®, Alprazolam, Oxazepam, Serax®).

### **The day of the exam:**

- You may take your medications with a small sip of water up to 3 hours before your procedure. **Do not** take any narcotics.
- If you have any questions regarding your medication, please call 612-871-1145 and ask to speak with the motility nurse.

### **6 hours before the test:**

- Do not eat or drink anything.

### **When you leave for the procedure:**

- Bring a photo ID as well as up-to-date insurance information, such as your insurance card and any referral forms that might be required by your insurance company.
- You may drive yourself home after the procedure.

### **Bring to your appointment:**

- **Health History form:** Included in this packet is a Health History form. Please bring the completed form with you the day of your appointment.
- **Insurance Card / Photo ID**
- **List of Current Medications**

### **Cancel or Reschedule your appointment:**

*If you must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.*

## **DESCRIPTION OF ESOPHAGEAL MOTILITY**

### **What is esophageal motility (manometry)?**

Esophageal motility (or manometry) is a procedure that enables the doctor to evaluate the muscles in your esophagus. It is performed by passing a small flexible tube through your nose into your esophagus. Once the tube

is in place, it allows muscle activity to be assessed. This procedure is used to help diagnose patients who suffer from chest pain, heartburn, acid reflux or difficulty swallowing. It is also used to measure the pressure of the muscle at the lower end of the esophagus before surgery.

**What should I expect during esophageal motility?**

Plan to spend 45 to 60 minutes at the center the day of your procedure. The actual procedure takes about 10 to 15 minutes to complete. You will be lying down during the procedure. Once the tube is in place, you will need to swallow when you are asked. The tube will not interfere with your breathing. A nurse designated by the physician will do the procedure.

**What happens after the exam?**

You may return home or to work after the exam and resume your usual diet and activities. Results will be mailed to you 7 to 10 working days after your procedure.

**Are there possible complications with esophageal motility?**

This exam is very safe for you. There are very few potentially serious complications. You may feel minor discomfort during the procedure or have a sore throat after the procedure.