

# Esophageal Motility Test Prep

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

- If you have any questions regarding your medication, please call 612-871-1145 and ask to speak with the motility nurse.

## **2 DAYS BEFORE TEST:**

- **AVOID** taking the following medications. If you are under physician orders to continue these medications for certain medical conditions (such as a seizure disorder), continue taking the medications but please inform the nurse on the day of the test.
  - **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®).
  - **Baclofen** (Ozobax, Fleqsuvy, Lyvispah, Lioresal)

## **DAY OF TEST:**

- DO NOT TAKE:** any narcotics
- DO NOT TAKE:** any chewable vitamins or supplements.
- You may take daily medications **3 hours BEFORE your procedure**. Use a small sip of water only.
  - This includes:
    - Heart and blood pressure medications
    - Blood thinners (**unless you were told to stop**)
    - Methadone
    - Anti-seizure medications
- Clothing:** We recommend loose-fitting clothing, preferably a button-up shirt or blouse. Once the lead wire/tube is in place, it will interfere with your ability to change your clothes.
- You may drive yourself to and from the test.
- You must be able to **remove any nose piercings** to complete the test.

### **6 HOURS BEFORE TEST:**

- DO NOT EAT:** any solid food. Clear liquids **ONLY**
  - See “Clear Liquid Diet” information below

### **3 HOURS BEFORE TEST:**

- DO NOT** take anything by mouth
- DO NOT HAVE:** lozenges, gum, hard candy, or breath mints

### **Cancel or Reschedule Your Appointment:**

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

### **Clear Liquid Diet**

- For more details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>.
- Clear liquids are anything that you can see through (NO red).
- Examples of a clear liquid diet include: water, clear broth or bouillon (gluten-free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger ale), clear juices (apple, white grape, white cranberry), Jell-O, popsicles, and up to one (1) 8 fl. oz. cup of dark soda, black coffee or tea (no milk or cream) each day.
- **DO NOT use or drink the following on a clear liquid diet:** red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juices not listed above, products that have oil, or chewing tobacco. **If you do, your procedure will be cancelled.**

For detailed information about your procedure please visit <https://www.mngi.com/search/patient-services>