

# Esophageal Motility Test Prep

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

## **2 DAYS BEFORE 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®).

**Baclofen** (Ozobax, Fleqsuvy, Lyvispah, Lioresal)

## **DAY OF TEST:**

**Morning Medications:** You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to **STOP** these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to your procedure** or earlier.

- Do not take any chewable vitamins or supplements.
- If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management. If you have any questions regarding your medication, please call 612-871-1145 and ask to speak with the motility nurse.

You must be able to remove any nose piercings to complete the test. You may drive yourself home after the test.

### **6 HOURS BEFORE:**

- **STOP** eating solid foods.
- Stay on clear liquid diets (see clear liquid diet)

### **3 HOURS BEFORE:**

- **STOP** consuming all liquids.
- Do not take anything by mouth during this time.

### **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.**