

# After Your Manometry of the Esophagus

## *Self-care and warning signs*

*This handout gives instructions to follow after having a manometry of the esophagus.*



*Scan for a  
digital copy of  
this handout.*

## Self-care

- You can start eating again when swallowing feels comfortable.
- You may have a mild sore throat for a few hours after your manometry. You can use throat lozenges (cough drops) to help soothe it.
- If you are also having a 24-hour pH study, make sure you follow all the instructions from your care team.

## When to Call

Problems after this procedure are rare. Call us right away if you have:

- A fever of 100.5°F (38°C) or higher
- Unusual pain in your chest or abdomen (belly)
- Trouble swallowing or moving your neck
- Blood in your stool (poop)
- Vomiting with blood

## Questions?

Your questions are important. Call your provider if you have any questions or concerns.

- **On weekdays from 7 a.m. to 5 p.m.**, call the Center for Esophageal and Gastric Surgery Lab, 206.598.7350.
- **After hours and on weekends and holidays**, call 206.598.6190 and ask for the “Surgery O” team member on call to be paged.