

# Esophageal Manometry Study

## How to prepare and what to expect

This handout tells how to prepare for an esophageal manometry study.

### What is an esophageal manometry study?

You are scheduled to have a *manometry* study of your *esophagus*, the tube that carries food from your throat to your stomach. This study will show how your esophagus works when you swallow.

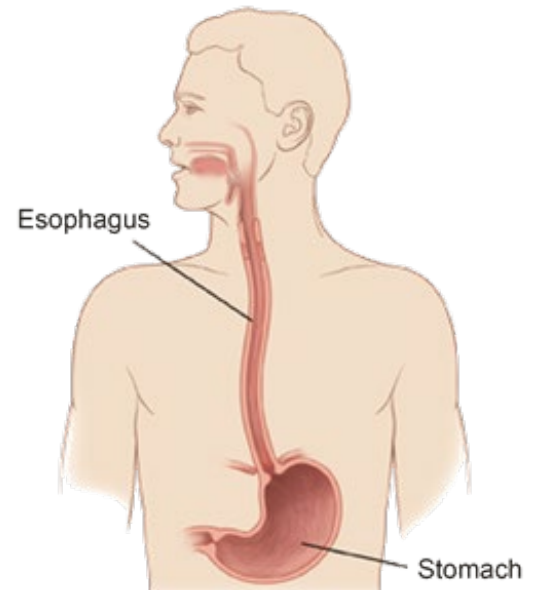
### What can I expect?

For the study, we will first apply Lidocaine, a liquid or gel that will numb your nose and throat.

We will then place a narrow probe through your nose and move it down to your esophagus. The probe will be in place for about 10-12 minutes.

During this time, we will ask you to swallow small amounts of slightly salty water (*saline*), about 1 teaspoon each time.

No other medicines are used during this study. After it is over, you will be able to drive and eat and drink as usual.



**The esophagus is the tube that carries food from your throat to your stomach.**

### How do I prepare?

- **If you use any medicine that is an anticoagulant** (like Warfarin or Eliquis), please call us at least 1-2 weeks before your appointment. You will need special instructions for pausing these medicines.
- **If you use metoclopramide (Reglan) or cisapride (Propulsid):** Stop taking this medicine starting 48 hours before your study.
- **Starting 6 hours before the study, do not eat anything.** You may drink clear liquids until 2 hours before the study. Clear liquids include water, apple juice, broth, plain tea or coffee, soda, and Jell-O.
- **Starting 2 hours before the study, do not eat or drink anything.** If needed, you may take prescription medicines (but **not** Reglan or Propulsid) with a small sip of water.

### Questions?

Your questions are important. Call if you have questions or concerns.

Center for Esophageal and Gastric Surgery/Manometry and pH Study Lab:  
206.598.7350

To schedule an appointment, call 206.598.6686.

