



THE QUEEN'S MEDICAL CENTER

Gastroenterology Center
91-2135 Fort Weaver Road
Ewa Beach, Hawaii 96706
Phone # 808-691-3150 Fax# 808-691-3151

IMPORTANT- PLEASE READ THESE INSTRUCTIONS AT LEAST 2-WEEKS PRIOR TO YOUR APPOINTMENT.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT.

IF YOU MUST CANCEL OR RESCHEDULE YOUR APPOINTMENT PLEASE CALL 808-691-3150 WITH AT LEAST SEVEN DAYS NOTICE SO ANOTHER PATIENT CAN BE OFFERED THE TIME SLOT.

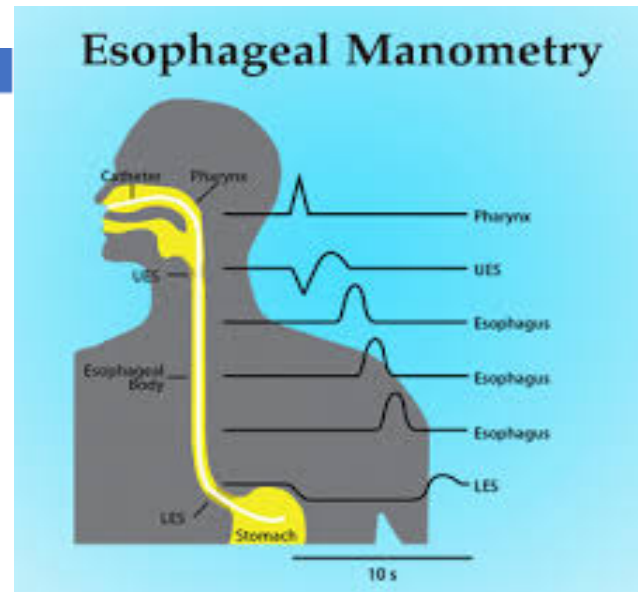
Why am I having this procedure?

- *Esophageal testing or manometry measures the pressures and the pattern of muscle contractions in your esophagus.*
- *Abnormalities in the contractions and strength of the muscle or in the sphincter at the lower end of the esophagus can result in pain, heartburn, and/or difficulty swallowing. Esophageal manometry is used to diagnose the conditions that can cause these symptoms.*
- *The test is performed by a nurse who will pass a small tube through your nose and into your stomach*
- *Your nose will be numbed with lidocaine jelly before insertion of the tube to make this procedure more comfortable*
- *You will be given water to drink to evaluate your swallowing*
- *Mild, brief gagging may occur while the tube is passed through the throat. When the tube is in position, you will be sitting upright or lying on your back while the tube is connected to a computer. Once the test begins it is important to breathe slowly and smoothly, remain as quiet as possible and avoid swallowing unless instructed to do so.*
- *You will not be sedated for this test, as sedation will affect the results of the test*
- *A driver is not typically needed for this test*
- *The procedure usually takes about 1-hour, but this can vary.*
- *This test is used to examine the esophagus of patients with symptoms of heartburn, regurgitation, difficulty swallowing, unexplained choking, asthma or chest or stomach pain*

What are the risks of esophageal manometry?

While serious side effects of this procedure are extremely rare, it is possible that you could experience irregular heartbeats, aspiration (when stomach contents flow back into the esophagus and are breathed into the lung), or perforation (a hole in the esophagus). During insertion, the tube may be misdirected into the windpipe before being repositioned. Precautions are taken to prevent such risks, and your physician believes the risks are outweighed by the benefits of this test.

Esophageal Manometry (Motility) Patient Instructions





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If you do not follow these directions, your test will need to be rescheduled

Key Instructions:

- Do not eat or drink anything for **8-hours** prior to your test.

Medications:

Some of your medications may need to be stopped or adjusted before your test.

- No sleeping pills or pain medication the night before the test
- If you take nifedipine (Procardia), felodipine (Plendil), diltiazem (Cardizem), amlodipine (Norvasc), verapamil (Calan), hydralazine or isosorbide dinitrate (Isordil), you **MUST call the GI lab or your referring physician at least 7-days prior to your test** for medication orders. *These medications may need to be stopped for 24-hours before the test.*
- Stop taking any motility medications (Propulsid, Reglan (metoclopramide), domperidone (Motilium), Urecholine (Bethanechol), Erythromycin, Azithromycin) for **3-days** before the test

The Day of your procedure:

- On the morning of the test, you can take your regular medications as you normally would with sip of water
- Arrive at the registration/admissions desk on the 1st floor of the Queen's West Oahu hospital **at least 1-hour prior to your procedure to check in.**
- Your procedure will be done in the GI Endoscopy Lab (2nd floor of the hospital)
- *If you have a history of a broken nose, surgeries on your nose, or a deviated septum, please tell the nursing staff prior to starting the procedure*
- Please do not bring any valuables with you. Remove all jewelry and leave at home.

After the procedure

- Your nose and throat may feel scratchy for a short while
- You will be given discharge instructions.
- Please contact the GI physician who ordered your procedure test to obtain test results as it relates to your plan of care
- You may drive yourself home, eat and go about your normal activity after the procedure is completed



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24-hour Ambulatory pH Impedance Test Patient Instructions

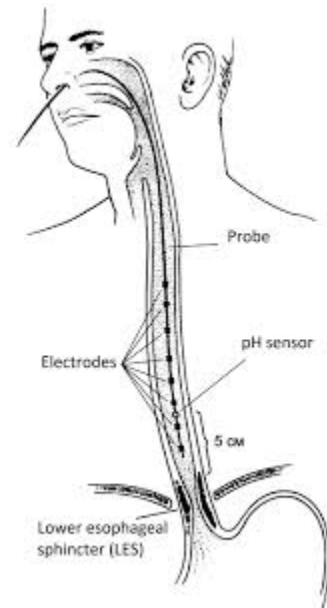
- SEVERAL TYPES OF MEDICATIONS MAY NEED TO BE STOPPED STARTING UP TO 7 DAYS BEFORE THE TEST. SEE THE MEDICATION SECTION BELOW FOR DETAILS.
- DO NOT EAT OR DRINK FOR 8 HOURS BEFORE YOUR TEST
- RETURN TO THE GI LAB THE

Why is a pH impedance test performed?

- An ambulatory esophageal 24-hour pH study is an outpatient test that measures the amount of acid or non-acid reflux of stomach contents into the esophagus that occurs in a typical 24-hour period.
- This test helps your doctor determine if your symptoms are due to gastroesophageal reflux disease.
- This is an important part of the pre-operative evaluation for gastroesophageal reflux (GERD) surgery.
- You will wear a data recorder during the test and record symptomatic episodes. Symptoms will be analyzed for any correlation to episodes of reflux.

How is the procedure done?

- Placing the probe takes approximately 15 minutes. No sedation is necessary.
- A trained nurse experienced in placement of esophageal impedance-pH catheter will place a numbing gel in your nostril before the procedure.
- The nurse will gently insert a thin flexible catheter into the nostril and advance the catheter into the esophagus.
- The catheter will be discretely secured to your nostril and connected to a data recorder that you will carry on a strap and wear overnight.



How do I prepare for this procedure?

Do NOT eat or drink anything for 8 hours before your scheduled appointment time.

- You should wear comfortable loose-fitting clothing (wear clothing that opens up in the front or back with buttons or zippers as it will be DIFFICULT TO PULL anything OVER YOUR HEAD while the catheter is in your nose)
- You may take your morning medications with sips of water.
- You should arrive to the GI Lab **30 minutes prior** to your scheduled appointment time.
- If you have had a broken nose, surgeries on your nose or a deviated septum, please tell the nursing staff before starting the procedure.

Medication instructions:



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- You may take your medication for your heart, blood pressure or breathing with a small sip of water unless otherwise directed by your physician
- You may continue antacids (over the counter ones such as Tums, Rolaids, Alkaseltzer, Gaviscon, Mylanta, Pepto bismol) until the day before the procedure **(stop 1-day prior to the procedure)**

STOP taking the following medication for 72-hours prior to the procedure, unless instructed differently by your doctor:

- **H2 (histamine) blockers- Tagamet (Cimetidine), Zantac (Ranitidine), Pepcid (Famotidine), Axid (Nizatidine)**
- **Promotility drugs – Cisapride (Propulsid), Reglan (metoclopramide), Erythromycin, Azithromycin, Domperidone (Motilium)**
- **You need to stop Bentyl (dicyclomine), and Carafate (Sucralfate) 72 hours prior to testing.**

Stop taking the following medication for 1-week prior (7-days prior) to the procedure unless instructed differently by your physician:

- **Proton pump inhibitors- Prilosec (Omeprazole), Aciphex (Rabeprazole), Nexium (esomeprazole), Prevacid (Lansoprazole), Protonix (pantoprazole), Dexilant (Dexlansoprazole).**

Stop taking the following medication 1-day prior to the test:

- **Antacids (Tums, Rolaids, Maalox, Mylanta).**

The Night before your test:

- **No sleeping pills or pain medication the night before the test.**

What are possible complications of esophageal impedance pH study?

Patients may have nasal irritation during or after the procedure.

During & AFTER the test:

- You will be able to drive yourself home after placement of the esophageal impedance-pH catheter.
- During the 24 hours that the catheter is in place, you can continue usual activities including eating, sleeping, and working.
- During the 24 hours, you will be asked to keep a diary to write down when you eat, lay down, take medications, and when you have symptoms such as heartburn, chest pain, cough, etc. It is important to keep an accurate diary.
- Eat the foods you normally consume during the test.



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- You may drink any beverage with meals, but drink only water between meals.
- Do not chew gum or eat hard candies or mints during the test.
- DO NOT get the catheter wet. SHOWER prior to your procedure or sponge bath (or use bath wipes) during your procedure.
- You will return the next day for removal of the catheter and returning the recorder.
- It may take about 2-weeks to get the results. Please contact your referring physician for results.