



THE QUEEN'S MEDICAL CENTER

Endoscopy Center
91-2141 Fort Weaver Road
Ewa Beach, Hawaii 96706
Phone # 808-691-3212

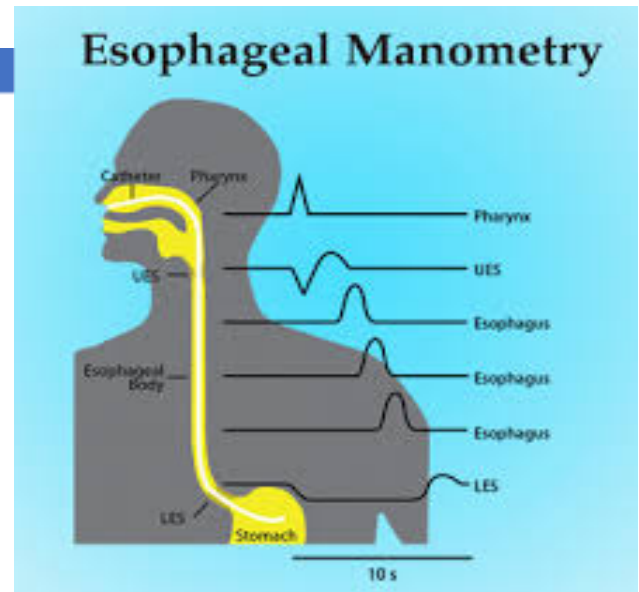
IMPORTANT- PLEASE READ THESE INSTRUCTIONS AT LEAST 2-WEEKS PRIOR TO YOUR APPOINTMENT.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT.

IF YOU MUST CANCEL OR RESCHEDULE YOUR APPOINTMENT PLEASE CALL 808-691-3288 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 15 minutes 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