Digestive Healthcare Center

511 Courtyard Drive,

Hillsborough, NJ, 08844

908-218-9222

**YOUR APPOINTMENT HAS BEEN SCHEDULED FOR**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Esophageal Manometry Preparation Instructions**

* Do not eat or drink anything 8 hours prior to your scheduled appointment time
* Necessary medications are allowed with a sip of water 2 hours prior to your test
* Diabetes, please consult your physician for adjustments to your medication dosage
* Medications to avoid the day of the test:

Pain medications, sedatives, tranquilizers, antispasmodics and pro-motility medications.

* Plan on being here for 30 minutes
* You can drive yourself for the test

**What is Esophageal Manometry?**

Esophageal manometry is a diagnostic study that measures pressures along the esophagus (the muscular swallowing tube that extends from the back of the mouth to the stomach). During the study, pressure measurements of the esophagus will be taken to help determine any abnormality of the esophagus.

**IMPORTANT: If you have the following, please inform the office:**

* **If you are not able to tolerate nasal intubation**
* **If you have any significant bleeding disorders from whom nasal intubation is contraindicated**
* **If you have a known esophageal obstruction preventing passage of the catheter**.