



Guthrie Ithaca Gastroenterology
(607) 272-5011

Manometry Prep Instructions

Please call the office (607) 272-5011 immediately if any of the following apply:

- If you are unable to walk or independently transfer to a stretcher.
- If you have any other procedures scheduled on this day that require you to have nothing by mouth.
- If you need to cancel or reschedule your appointment.

PROCEDURE

A small flexible tube is placed through your nose and into your esophagus. The tube is very flexible, your nose will be numbed, and a lubricant applied. At first you may notice a gagging feeling and discomfort. This is normal. After placement of the tube, you will be asked to take swallows of a saline solution then you will take a series of swallows of applesauce. The tube is attached to a computer that will measure the pressure of your esophagus as you swallow. The test takes about an hour.

Important Information:

- It is recommended, but not required, to have someone with you for transportation.
- Please leave all valuables at home. However, please wear hearing aids (if needed) and comfortable, loose-fitting clothing.
- The purpose of esophageal manometry is to measure how your esophagus (food pipe) is working.
- A thin probe is placed into your esophagus through your nose. The results of this test can identify causes of swallowing problems, heartburn, or chest pain. The test is also helpful in planning surgery or to determine the success of a previous surgery.

The day before your appointment:

Have nothing to eat or drink 8 hours before your scheduled appointment time.

- You may take your medications (including pain medications, anti-anxiety medications, blood pressure medications) with a small sip of water in the morning prior to your procedure.
 - Some medications can interfere with the results of this test, please discuss the use of calcium channel blockers (a form of blood pressure or heart medicine), antispasmodics, or antidepressants with your doctor.
- Do not eat or drink anything after midnight the day before your appointment. If you eat or drink anything after midnight your procedure will be cancelled.

Thank you for choosing Guthrie!