

# Gastroenterology

# Prep Instructions

## Manometry

**\*Please read these instructions immediately\***

Call the office located on 3 Green in the Guthrie Clinic at (570) 887-2852 **immediately** if any of the following apply:

- You use CPAP, BIPAP, oxygen, or have been diagnosed with sleep apnea.
- You weigh over 300 lbs, OR, have a BMI (body mass index) over 40.
- If you are unable to walk or independently transfer to a stretcher.
- If you have any other procedures scheduled on this day.

**Follow all of the instructions in this handout EXACTLY as they are written.**

- It is recommended but not required to have someone with you on the day of your procedure 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 the strength and function of your esophagus (food pipe).
- A thin probe that can sense pressure is placed into your esophagus through your nose. The results of this test can identify causes of swallowing problems, heart burn, or chest pain. The test is also helpful in planning for surgery or to determine the success of a previous surgery.
- During the test, you will be sitting upright. Your nose and throat is numbed with a special mixture of Lidocaine and Afrin. Then a soft, thin tube is placed through the nose and down the esophagus. At first, you may notice a gagging feeling and discomfort. This is normal, and you will be asked to swallow several times accompanied by swallowing liquids.
- Sensors in the tube record and measure the pressure in your esophagus while swallowing. After the test is complete, the tube is removed quickly.

**The day before your appointment:**

- Do not eat or drink anything after midnight before your appointment.
- No special instructions are needed if you are diabetic or take a blood thinner.



[www.Guthrie.org](http://www.Guthrie.org)

**The day of your appointment:**

- Please report to Pre-Admission Testing located on the 4th level of Guthrie Robert Packer Hospital in Sayre, Pa. Please call 570-887-4552 if you need directions.
- Do not eat breakfast.
- Hold all oral medications that morning. You may bring them with you to take after your test.
- The test itself takes approximately 20 minutes.
- It is performed by manometry trained nurses who work in Guthrie Endoscopy.
- Please note that the procedure is done unsedated.
- We cannot use sedation because it causes false results.

**After your appointment:**

- You may experience throat discomfort following the test.
- The use of cepacol lozenges and staying on a soft diet (warm tea with honey, soups or stews, and any liquids) for that day is advised.
- Please watch for nose bleeding that does not stop. If this happens please report to the nearest ED.

**Thank you for choosing Guthrie!**