

Esophageal Manometry

What is Esophageal Manometry?

During esophageal manometry, a flexible tube (slightly narrower in diameter than an ordinary lead pencil) is passed through the nose into your stomach. The tube is then connected to a device that records pressure at various levels of your esophagus.

The inside of your nose will be numbed to lessen discomfort when the tube is inserted through your nose into your stomach. The insertion of the tube may make you gag as it passes across the back of your throat, but your nose and throat will soon become accustomed to the tube. You will be asked to swallow or refrain from swallowing at various times during the procedure. It will be important for you to let the Nurse know if you experience your symptoms during the procedure.

Why is Esophageal Manometry Performed:

Esophageal manometry can provide diagnostic information that is not obtainable with any other test. To help you understand how the procedure works lets first look at how the esophagus works. The esophagus has two major functions. The first is to transport food from the mouth to the stomach. When this system is not functioning properly, you may experience chest pain, difficulty swallowing or the sensation of “food sticking on the way down”. The second function of the esophagus is to keep the stomach contents in the stomach. At the entrance to the stomach there is a valve that stops food from coming back up once it has entered the stomach. When the valve is not functioning properly, you may experience heartburn, pain, reflux or even asthma-like symptoms.

What Preparation is Required:

If the procedure is scheduled for the morning, you may follow a normal diet until midnight the night before the test. You will need to refrain from eating or drinking anything after midnight. Check with your doctor about taking prescribed medication before the procedure.

If the procedure is scheduled for the afternoon, you may have a clear liquid breakfast and then nothing more to eat or drink until after the test. Clear liquids include:

- Jell-O without fruit
- Clear broth
- Plain carbonated beverages (No Cola)
- Popsicles
- Kool-aid and/or clear fruit juices (apple, grape or cranberry juice)
- Tea or coffee without cream, sugar is ok.

If you have any questions, call the Gastroenterology Clinic at (608) 287-2680.