

Esophageal Motility

Date of Procedure: _____

Arrival Time: _____

Procedure Location: **Turtle Creek Office**
 15 Turtle Creek Dr.
 Asheville, NC 28803

This procedure generally takes 45- 60 minutes to complete. A certified medical assistant will prepare and explain the procedure to you. A topical anesthetic (like Xylocaine) will be placed in your nose and sprayed in the back of your throat. A thin, soft tube is then gently inserted into a nostril and fed into your esophagus for the motility study. You will be given various commands such as taking a sip of water, breathing deeply, and not talking.

24 HOURS PRIOR TO PROCEDURE:

If approved by your primary care physician, you will need to hold taking your calcium channel blocks such as: Adalat, Calan, Cardizem, Covera HS, Dilacor XR, Isoptin, Nimotop, Norvasc, Plendil, Procardia, Sular, Tiazac, Vasacor and Verelan. You can resume immediately after your exam has been completed.

It is important to continue taking all other medications.

Day of procedure:

Do not eat or drink anything after midnight on the day of your exam. You will be able to eat and drink normally after your exam.

Oral and Insulin Diabetics:

You should NOT take their medication on the day of the procedure but bring them with you.