

## Esophageal Manometry (Motility) Study Patient Education & Preparation

Appointment Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

**\*\*\*Please arrive 30 minutes prior to your procedure time\*\*\***

### What Is This Test?

This study measures how well the muscles in your esophagus are working and helps evaluate trouble swallowing, chest pain, reflux, or heartburn. The test takes about 45–60 minutes.

### What to Expect

Your nose and throat will be numbed with a topical anesthetic. A thin, soft tube is gently placed through your nose into your esophagus while you swallow small sips of water. You will lie on your back and follow simple instructions. Mild pressure or brief gagging may occur and usually pass quickly.

### **\*\*\*IMPORTANT PREPARATION INSTRUCTIONS\*\*\***

**PLEASE NOTE:** Not following these instructions can prevent us from safely or accurately completing your test. Please follow all preparation steps carefully to avoid delays or rescheduling.

### Day Before Your Exam

If approved by your provider, hold calcium channel blockers for 24 hours including Adalat, Calan, Cardizem, Covera HS, Dilacor XR, Isoptin, Nimotop, Norvasc, Plendil, Procardia, Sular, Tiazac, Vascor, or Verelan

**\*\*Do NOT eat or drink anything after midnight\*\***

### Morning of Your Exam

**REMINDER:** Nothing to eat or drink.

You may take essential medications with a small sip of water unless instructed otherwise.

### If You Have Diabetes

Do **NOT** take insulin or oral diabetic medications the morning of your exam.

Bring your medications with you.

After the test, eat, check blood sugar if needed, and resume normal dosing.

### After the Procedure

You may eat and drink normally and resume medications unless told otherwise.

### Questions?

Contact our office if you have questions before your appointment.