

## **INSTRUCTIONS FOR OESOPHAGEAL MANOMETRY**

### **Q. What is oesophageal manometry study?**

This is a test to examine the contraction and movement of your oesophagus (gullet) during swallowing.

### **Q. Why has your doctor arranged the test?**

You may have trouble swallowing or symptoms of reflux such as heartburn or chest pain which the test will allow your doctor to better understand the possible causes of your symptoms and decide what appropriate treatment is suitable for you.

### **Q. What does the test involve and how long will it take?**

The test takes about 30 minutes. It is done without sedation and you do not need to stay in hospital for the test. A local anaesthetic spray will be applied to one of your nostrils. A small flexible catheter will then be placed through your nose and into your oesophagus. You will be asked to do a number of water/saline swallows and measurements are recorded on the computer. The catheter will be removed once the recording is finished.

### **Q. What preparation do I need before the test?**

You should fast for 5 hours before the test. You should avoid codeine-based pain killers (such as endone, targin, tramadol) for at least 48 hours before the study if possible. Paracetamol or nurofen will be fine if needed. Take all your other medications with sips of water during fasting.

### **Q. What side effects may I experience after the procedure?**

You may have numbness in your nostril and at the back of the throat for a short period of time as a result of the local anaesthetic spray. Avoid hot drinks immediately after the procedure but eat normally otherwise. You will be able to drive home and continue with your normal daily activities after the test.

### **Q. What follow up is required after the procedure?**

You should return to see your referring doctor for the results; these will generally be forwarded to your doctor within 2-3 weeks.