

## ABOUT THE TEST

Esophageal manometry is a test that shows whether your esophagus is working properly. The esophagus is a long, muscular tube that connects your throat to your stomach. Esophageal manometry measures the rhythmic muscle contractions that occur in your esophagus when you swallow. Esophageal manometry also measures the coordination and force exerted by the muscles of your esophagus. During esophageal manometry, a thin flexible tube (catheter) that contains sensors is passed through your nose, down your esophagus and into your stomach. Esophageal manometry can be helpful in diagnosing certain disorders that may affect your esophagus.

## WHY IS IT DONE?

Your doctor may recommend esophageal manometry if you're experiencing symptoms that could be related to an esophageal disorder. Esophageal manometry provides information about the movement (motility) of food through the esophagus and into the stomach. The test measures how well the circular bands of muscle (sphincters) at the top and bottom of your esophagus open and close, as well as the pressure, strength and pattern of the wave of esophageal muscle contractions that moves food along.

If you're considering undergoing anti-reflux surgery to treat gastroesophageal reflux disease (GERD), your doctor may recommend esophageal manometry to make sure that you are a surgical candidate and to help determine which procedure is best for you.

## WHAT YOU CAN EXPECT

Esophageal manometry is an outpatient procedure performed by a Registered Nurse (RN), done without sedation. Most people tolerate it well.

**4 hours before your scheduled arrival time, do not eat or drink anything.** This includes water, hard candy, and gum.

## DURING ESOPHAGEAL MANOMETRY

- While you are sitting up, the RN will put a numbing gel in your nose.
- A catheter is guided through your nose into your esophagus. It doesn't interfere with breathing.
- After the catheter is in place, you will be asked to lie on your back on an exam table.
- You will then swallow saline water. As you do, a computer connected to the catheter records pressure, strength and pattern of your esophageal muscle contractions.
- During the test, you'll be asked to breathe slowly and smoothly, remain as still as possible, and swallow only when you're asked to do so.

## ESOPHAGEAL MANOMETRY

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- The RN may move the catheter down into your stomach while the catheter continues its measurements.
- The catheter is then slowly withdrawn.
- The test usually lasts about 30 minutes.

### **RESULTS**

The test results can be part of a preoperative evaluation or help identify the cause of esophageal symptoms. Plan to discuss the results with your doctor at your next appointment.