



## **Esophageal Manometry and or pH Probe**

**\*Please do not eat or drink anything except water after midnight the night before your procedure. Please do not wear makeup or facial moisturizer the date of your procedure \***

Esophageal manometry is a test to measure the pressure inside the esophagus. The pH probe is a test to measure the acidity of the esophagus.

### **How the Test is Performed**

During the esophageal manometry, a thin tube with pressure sensors is passed through your nose and into your stomach. When the tube is in your esophagus, you will be asked to swallow. The pressure of the muscle contractions will be measured along several sections of the tube. The tube is removed after the swallow study is complete. If also having the pH probe, a second tube will be inserted through your nose and into the esophagus. This is left in place for 24 hrs and attached to a small device that is worn across your body. You will come in the following day to have this removed.

If having esophageal manometry only, this takes approximately 30 mins. If having esophageal manometry and pH probe, this takes approximately 1 hour.

### **How to Prepare for the Test**

You should not have anything to eat or drink for 12 hours before the test. If you are scheduled for an afternoon procedure you may drink clear liquids (water, apple juice, ginger ale, sprite, beef or chicken broth, black coffee or tea, sodas and popsicles) up to 6 hours before your scheduled time.

### **How the Test Will Feel**

You may have a gagging sensation and some discomfort when the tube is put into place.

### **Why the Test is Performed**

When you swallow, muscles in your esophagus contract to help push food toward your stomach. Valves or sphincters inside the esophagus open to let food and liquid through, and then close to prevent food, fluids, and gastric acid from moving backward. The sphincter at the bottom of the esophagus is called the lower esophageal sphincter or LES. The sphincter at the top is called the upper esophageal sphincter or UES. The test helps monitor the pressure in the esophagus while swallowing. It also helps to give us landmark locations.



## ***Esophageal Manometry 24 Hour/Ambulatory pH Probe Test***

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### ***What is a 24 Hour/Ambulatory pH Probe Test?***

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24 hour ambulatory pH probe monitoring is a test that measures the amount, duration, frequency, and acidity of acid juices refluxing (backing up) into the esophagus (food tube) from the stomach. During this procedure, a thin probe or catheter is passed through the nose into the esophagus. The probe is connected to a small computerized unit. This unit is able to record the pH or acid levels in your esophagus over a 24 hour period. *Please note that the tube will remain in place for 24 hours.*

You will be asked to keep a diary and push buttons on the unit to record your daily activities, such as eating and sleep periods and also when you experience your typical symptoms. We can then correlate these events and activities with acid levels in your esophagus and determine if your reflux is extending into the vocal cord area. We want you to be as active as possible during the test and try to perform activities which may induce symptoms.

### ***Plan to Do in Advance***

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#### ***1. Medications, Vitamins and Supplements***

To properly prepare for your procedure, you may need to make certain changes to your daily medication routine

If you take **Prilosec (Omeprazole), Prevacid (Lansoprazole), Nexium (Esomeprazole), Protonix (Pantoprazole), Tagamet (Cimetidine), Axid (Nizatidine), Pepcid (Famotidine), Zantac (Ranitidine), Propulsid (Cisapride), Reglan (Metoclopramide), Levsin, Bentyl (Dicyclomine), or Levsinex (Hyoscyamine)** check with us *at least 10 days in advance* to determine if these medications should be discontinued.

Liquid antacids may be taken up until midnight of the night before your procedure.

Certain medications *should* be continued prior to your ambulatory 24 hour pH probe test. *If you take cardiac (heart) or anti-hypertensive (high blood pressure) pills, take them as you normally do with small sips of water.*

**It is extremely important that these instructions are followed in order to ensure a valid test result. If you are unsure whether you need to stay on certain medications or not, please call our office at 828 322-2183 so that the test will be done correctly.**

2. In addition to changes to your medication, you'll also need to:

Bring a list of all your medications (prescription medications, over-the-counter medications and eye drops) with you on the day of your procedure. You may bring the medication bottles themselves.

Be prepared to list and describe your ALLERGIES and REACTIONS to any medications.

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### ***On the Day Before Your Procedure***

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To ensure the most accurate results possible, it is important that you do not eat or drink *anything* after midnight on the day before your procedure.

**\*If you are scheduled for an afternoon procedure**, you may continue drinking small quantities of clear liquids up to 6 hours prior to your scheduled arrival time.

***CLEAR LIQUIDS: water, apple juice, ginger ale, sprite, beef or chicken broth WITHOUT noodles, coffee or tea WITHOUT cream or milk, most sodas, sherbet, popsicles, and Jell-O that is not red or orange. DO NOT DRINK ANYTHING RED OR ORANGE.***

\*If your physician wants you to continue taking your medications for the test, please take them with a small sip of water. REMEMBER: you may take liquid antacids up until midnight.

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### ***On the Day Of Your Procedure***

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1. On the day of your 24 hour ambulatory pH probe test, please come directly to the requested location at your scheduled arrival time and check in with the receptionist.
2. The first part of the test will consist of monitoring pressures in your esophagus. Your nose and throat will be anesthetized. A thin catheter will be passed from your nose into your stomach. This will be withdrawn slowly in order to monitor pressures in your esophagus. You will be asked to drink water several times during this procedure. This part of the test takes approximately 30 minutes.
3. After this, your nose and throat will again be anesthetized. A thin monitoring probe will be placed into your nose. This probe will stay in place for 24 hours. We will review in detail what you should expect

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## *After Your Procedure*

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1. Once you return home, **we want you to be as active as usual and to eat regular meals.**
2. Follow the instructions for the 24 hour pH that the staff gives you.
3. The day after the procedure, you must return to our office to have the tube removed. You must also bring the diary with you.
4. Your physician will review the information recorded by the computer. The results will be discussed with you during your follow-up appointment or will be sent to your referring physician..

Hickory

Lincolnton

Morganton

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