

Esophageal Manometry

What to expect during your Esophageal Manometry

Esophageal Manometry is a swallowing test that examines the coordinated muscle movement (motility) of the esophagus. It is usually performed to evaluate for motility disorders (irregular peristalsis of the esophagus), difficulty swallowing, gastric reflux, heartburn, non-cardiac chest pain. It is also used as part of the preoperative process for anti-reflux surgery to determine surgery options and rule out contraindications to surgery.

Esophageal Manometry is performed by trained nursing staff and usually takes less than 30 minutes. The manometry catheter is placed in the nose and advanced through the esophagus to the stomach after lubricating the nose and throat with a topical numbing gel. Lying reclined on a stretcher, the study will record swallowing of fluids of varying viscosity. The physician will analyze the study and notify you of the results.

Your procedure is scheduled at
Christus St Vincent Digestive Health Center
455 St Michael's Drive
Santa Fe, NM 87505

- Arrive 30 minutes prior to your scheduled procedure time.
- You **CAN** drive yourself home after the procedure.
- If you arrive more than 15 minutes late, your procedure may be rescheduled or delayed.
- Nursing staff will call you to review preparing instructions, medications, and confirm procedure details the week prior to your procedure appointment.
- If you have questions about preparing for your procedure, please call 505-913-5368.

Billing Notice:

You will receive multiple billings for services rendered associated with your procedure.

The service categories are as follows:

- Physician Fee: Northern New Mexico Gastroenterology Associates
- Facility Fee: Christus St Vincent

If you have questions about your benefits and coverage, please contact your insurance carrier.

Sign Up for NNMGA Patient Portal

You can request appointments, check your results, send your physician a message and update your medical record. For access call 505-983-5631.

For more information about our providers and instructions go to www.nnmgastro.com

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Esophageal Manometry Preparation Instructions

Review the appointment documents received from Northern New Mexico Gastroenterology Associates office.

Medication restrictions prior to procedure:

In general, you should take all essential prescription medications on the day of your procedure. Please consult with your PCP regarding the prescribed medication you take.

Certain medications can affect the muscles of the esophagus and alter the results of the test. Therefore, please **STOP** taking the following medication **24 hours** prior to the procedure:

- **Promotility Medications:** Metoclopramide (Reglan), Propulsid (Cisapride), Erythromycin (Erythrocin), Prucalopride (Motegrity)
- **Antispasmodic Medications:** Dicyclomine (Bentyl), Hyoscyamine (Levsin)
- **Anticholinergic Medications/Tranquilizers:** Atropine, Scopolamine, Phenobarbital
- **Sedatives:** Lorazepam (Ativan), Diazepam (Valium), Alprazolam (Xanax), Clonazepam (Klonopin)
- **Opioids:** Oxycodone (OxyContin), Hydrocodone (Vicodin, Lortab, Norco), Codeine, Morphine
 - If you are taking long acting opioids or opioid agonist such as Methadone, Fentanyl transdermal patches or Buprenorphine-Naloxone (Suboxone), esophageal manometry will be much less useful and a barium swallow with a 13mm tablet will be the better test of choice to evaluate esophageal motility.

THE DAY OF YOUR PROCEDURE

4 hours before procedure: Do **NOT** eat or drink anything within 4 hours of your procedure. No gum, hard candy, or throat lozenges as well. **Failure to follow these food and drink restrictions may cause your procedure to be rescheduled.**

AFTER THE PROCEDURE

You may resume normal daily activities, diet, and medications following the procedure. Please restrict hot fluids and food until the numbing has subsided. If you experience a sore throat, gargling with salt water and throat lozenges may alleviate your discomfort.