

## ESOPHAGEAL MANOMETRY/24 HOUR pH MONITOR

Your doctor has scheduled you for the following tests on:

\_\_\_ Esophageal Manometry \_\_\_ 24 Hour pH Monitor

### **PLEASE BRING THIS PREP SHEET WITH YOU TO YOUR APPOINTMENT**

**Location:** The Endoscopy Center (located in the Providence Medical Building)  
12800 Bothell-Everett Hwy (a.k.a. 19<sup>th</sup> Ave SE), Suite 200, Everett, WA 98208

#### **Preparation:**

- 1. Do not eat or drink after midnight the night prior to the test.**
2. Do not wear make-up or moisturizer if you are having a 24 Hour pH Monitor.
3. Wear comfortable clothing.
4. You will not be sedated for these tests so you will be able to drive yourself home.

#### **5. Medications**

- \_\_\_ No Zantac, Tagamet, Pepcid, or Axid 3-7 days prior to test
- \_\_\_ No Prilosec, Prevacid, Protonix, Aciphex, or Nexium or any generic versions of these name brands 10 days prior to test
- \_\_\_ No antacids (Mylanta, Tums, Rolaids) on day of test.

**OR**

- \_\_\_ Continue to take your medications as prescribed.

(Please be sure to ask about this if this was not explained to you)

#### **Description of Tests:**

**Esophageal Manometry** – An esophageal Manometry measures the pressures in the esophagus. This procedure is ordered for people who have difficulty with swallowing, the sensation of food sticking when they are swallowing, or significant chest pain. This test is also done prior to surgery for severe reflux of acid into the esophagus or hiatal hernia. To perform the test a small catheter (tube), which is smaller than a pencil and very flexible, will be passed through one nostril. The tube will then be passed into your esophagus and stomach. The tube will be moved around during the test and you will be asked to swallow sips of water. This procedure takes approximately 30-45 minutes.

**24 Hour pH Monitor** - A pH monitor is used to evaluate the presence or absence of esophageal reflux. This test is done in conjunction with Manometry. A thin tube is passed through your nose into your esophagus and will be taped in place once it has been properly positioned. The tube will be attached to a small recording device and you will keep this device with you for the next 24 hours. During this time you should carefully record all of your symptoms, when you change position (laying down, standing, and sitting) and when you eat. **You will return to the Endoscopy Center the following morning to have the tube removed.** If you are having this procedure done along with the Manometry you should plan on being here approximately 60-90 minutes.

Complications of the tests are quite rare. These include local irritation of the nose, a very rare instance of perforation of the esophagus (less than 1 in 10,000 cases), and also rarely aspiration of stomach contents into the lungs causing pneumonia.

If you have any questions about either of the above tests please call the Endoscopy Center at **(425) 248-4335** from 7:00 am to 4:00 pm. If you need to cancel or change your appointment, please do so at least 24 hours prior to your scheduled time to avoid a late cancellation fee of \$250.00. If you have not followed the preparation instructions correctly, your procedure will be rescheduled.