

Date: ____/____/____

Please report to suite 209 at: ____:____AM/PM

Understanding Your Esophagus and the Esophageal Manometry Test

Your esophagus is a tube made of muscles that helps move food from your mouth to your stomach. **These muscles contract and relax to push the food down.**

- If the **contractions are weak**, it can be hard to swallow.
- If the **contractions are too strong**, they can cause chest pain.

At the bottom of the esophagus is a muscle called the **lower esophageal sphincter (LES)**.

- The the **LES closes tightly** to keep food and stomach acid from coming back up.
- If the **LES is weak**, acid from the stomach can move back into the esophagus, causing **pain and inflammation**.
- The LES also helps **keep the stomach in place** and prevents it from sliding into the chest.

Esophageal Manometry is a test that checks how well the muscles in your esophagus and LES are working. It helps your doctor understand:

- How strongly your esophagus muscles contract.
- How well does your LES close.

This test can help explain symptoms like **trouble swallowing, upper belly pain, or heartburn**.

Esophageal Manometry Preparation

DIET

Your **stomach must be empty** for this test. **Do not eat or drink anything after midnight** before your procedure. You may take your medications with **small sips of water** up to **3 hours before your appointment**. If you take any **muscle relaxers**, please let our office know. Starting **3 days before your test**, use **nasal saline spray** (available at any pharmacy). Spray **one time in each nostril, once a day**.

What to Expect During Your Esophageal Manometry Test

The test takes about **45 minutes to 1 hour**.

- A technician will **first explain the test and ask you some questions about your digestive symptoms**.
- Next, they will numb your nose using a small amount of numbing medicine (lidocaine).

- Then, they will gently insert a **thin, soft tube** (called a manometry catheter) through your nose and down into your esophagus.
 - This tube has tiny pressure sensors to measure how your esophagus muscles work.
 - You might feel a little **gagging** as the tube goes in, but it should go away quickly.
- Once the tube is in place, you will **lie flat on your back** with your arms at your sides.
- The tube will be **taped to your nose** to keep it from moving during the test.

The test is done in **three parts** to measure how your esophagus and lower esophageal sphincter (LES) work.

1. Resting Phase

- You'll be asked to stay still and not swallow for 30 seconds.
- This helps measure the resting pressure of your LES.

2. Water Swallow Test

- You'll be asked to swallow 1 tablespoon of salt water a total of 10 times.
- This shows how your esophagus muscles and LES respond when you swallow.

3. Tube Removal

- Once the test is done, the thin tube (catheter) will be gently removed.
- The test is now complete.

After Your Esophageal Manometry

- You may have a **mild sore throat** after the tube is removed—this is normal and should go away in a few hours.
- Unless your doctor tells you otherwise, you can go back to your **normal activities, eat regular food, and take your medications after the test.**
- Your test results will be reviewed, and a report will be sent to your doctor.
- Once the test is done, **please call the office at 773-631-2728 to schedule your follow-up appointment.**