

PREPARING FOR YOUR ESOPHAGEAL MOTILITY (MANOMETRY) TEST

To ensure a successful test, please follow all instructions carefully.

48 hours before your test:

Avoid taking the following medications unless you are under strict doctor's orders to continue these medications for certain medical conditions (such as a seizure disorder). If so, continue taking the medications but please inform the nurse on the day of the exam. The most accurate results will be obtained if you are able to avoid taking these medications:

Metoclopramide (Reglan®)

Bethanechol (Urecholine®)

Erythromycin

Muscle relaxers (examples: Flexeril®, Cycloflex®, methocarbamol, metaxalone, carisoprodol, cyclobenzaprine).

Benzodiazepines (examples: clonazepam, Klonopin®, diazepam, Valium®, lorazepam, Ativan®, midazolam, Versed®, temazepam, Restoril®, Xanax®, Alprazolam, Oxazepam, Serax®).

Baclofen (Ozobax, Fleqsuvy, Lyvispah, Lioresal)

The day of the exam:

- You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), anti-seizure medications with sips of water **3 hours prior to your procedure or earlier**. **Do not** take any narcotics. Do not take any chewable vitamins or supplements. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.
- If you have any questions regarding your medication, please call 612-871-1145 and ask to speak with the motility nurse.
- You must be able to remove any nose piercings to complete the test.
- You may drive yourself home after the procedure.

Eating/Drinking before the test:

- Do not eat anything 6 hours prior to test. Clear liquids are allowed up to 3 hours prior to test.

Bring to your appointment:

- Insurance Card / Photo ID
- List of Current Medications

Cancel or Reschedule Your Appointment:

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

DESCRIPTION OF ESOPHAGEAL MOTILITY

What is esophageal motility (manometry)?

Esophageal motility (or manometry) is a procedure that enables the doctor to evaluate the muscles in your esophagus. It is performed by passing a small flexible tube through your nose into your esophagus. Once the tube is in place, it allows muscle activity to be assessed. This procedure is used to help diagnose patients who suffer from chest pain, heartburn, acid reflux or difficulty swallowing. It is also used to measure the pressure of the muscle at the lower end of the esophagus before surgery.

What should I expect during esophageal motility?

Plan to spend 45 to 60 minutes at the center the day of your procedure. The actual procedure takes about 10 to 15 minutes to complete. You will be lying down during the procedure. Once the tube is in place, you will need to swallow when you are asked. The tube will not interfere with your breathing. A nurse designated by the physician will do the procedure.

What happens after the exam?

You may return home or to work after the exam and resume your usual diet and activities. Results will be mailed to you 7 to 10 working days after your procedure .

Are there possible complications with esophageal motility?

This exam is very safe for you. There are very few potentially serious complications. You may feel minor discomfort during the procedure or have a sore throat after the procedure.