

## *Information for You from Your Health Care Team*

### **Esophageal Manometry Preparation**

Esophageal Manometry is a test used to evaluate the muscle function of the esophagus. It is used to assist in making a diagnose for patients who have difficulty swallowing, painful swallowing or unknown chest pain not related to a heart condition. To perform the test, a thin tube, approximately the diameter of a straw, is passed through the nose into the esophagus and stomach. Along the tube there are several areas that measure the pressures along the esophagus.

This test will be done at Upstate Medical University Hospital, 750 E. Adams St. Syracuse, NY, in the Endoscopy suite on the third floor. Please sign in at Patient Registration in the main lobby.

**Your test will be done:** \_\_\_\_\_  
(date and time)

**Please arrive at:** \_\_\_\_\_  
(time)

### **To Prepare for the Procedure**

1. Do not eat or drink after midnight before the test.
2. Diabetics: Do not take your insulin or oral diabetic medications the morning of test.
3. The day of the procedure, you will be asked to sign an informed consent and provide information regarding any medicine allergies.

### **Description of Procedure:**

1. You will not receive any medication to make you sleepy, therefore you will be fully alert and be able to drive yourself home following the test.
2. The tube is inserted while you are sitting upright. Once the tube is inserted, you will be asked to lay on your left side.
3. You will be given small amounts of water to swallow during the test.
4. The procedure takes approximately 30 minutes.

**Any questions, please call University Gastroenterology at (315) 464-5728.**

**If you need to change or cancel your appointment,  
please call (315) 464-1600 or (315) 464-1616.**