

Esophageal Manometry

Description

An esophageal manometry is a test that shows how well your food pipe is working. It measures the strength of muscle contractions of the esophagus as water moves through to the stomach. This test can be helpful in diagnosing esophageal conditions, especially if you have trouble swallowing.

During esophageal manometry, a thin, flexible tube is passed through the nose. This tube, also called a catheter, has over 400 pressure sensors. It goes down the esophagus and into the stomach.

Esophageal manometry might be used to help diagnose these rare conditions:

- **Achalasia.** In this condition, the lower esophageal sphincter muscle doesn't relax enough to let food enter the stomach. Symptoms include trouble swallowing and food coming back up the throat.
- **Diffuse esophageal spasm.** This happens when contractions of esophageal muscles are frequent, forceful and out of sync. This can result in trouble swallowing or chest pain.
- **Scleroderma.** In scleroderma, muscles in the lower esophagus stop moving, causing severe gastroesophageal reflux (GERD). Scleroderma is a progressive condition.

Preparation

- Please make sure to follow your provider's instruction regarding your medication.
- You should have **no solid food after midnight** and only clear liquids (like water) **up to 4 hours prior to your arrival time.**
- Bring your identification and insurance card

Procedure and discharge

After your arrival, your nurse will take you to the procedure room, take your vital signs and update your medical history in the electronic medical record. During the test you will remain fully dressed. Your nurse will not start an IV. **You will not receive sedation.**

Prior to insertion of the catheter, your nurse introduces lidocaine gel into one of your nostrils until your nasal passage is numb. This decreases the discomfort. While you sit upright, your nurse will insert the catheter into your numbed nostril and will ask you to swallow the probe into your stomach with some water. During this test you and your nurse will work closely together to complete the procedure successfully.

For the majority of the test you will lie on your left side. You will be asked to complete multiple swallows while your nurse records your swallows on a specialized device. When the test is completed your nurse removes the catheter, takes another set of vital signs and escorts you to the exit. Since you will be completely alert, you will not need a driver.

