MY GUT CARE
EXPERTS IN GUT HEALTH, LIVER AND ENDOSCOPY

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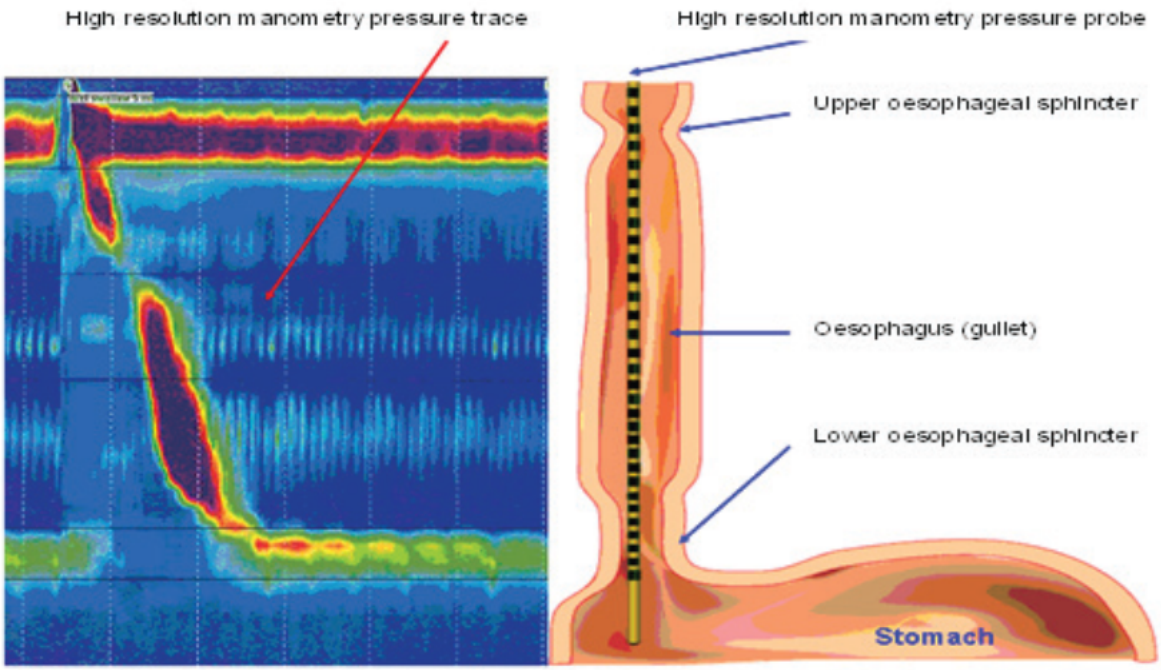
High Resolution Oesophageal Manometry: Patient Information

What is Oesophageal manometry?

Oesophageal manometry also known as oesophageal physiology study is a procedure that measures the strength and function of the muscles in your oesophagus (the "food pipe") that work to push food and liquids from the mouth down to the stomach. A thin, flexible tube that contains sensors is passed through the nose, down the oesophagus into the stomach. The multi-pressure sensor catheter (tube) has sensors situated at 1cm intervals and allows for measurement along the entire length of the oesophagus and sphincters (ring like muscles which close a natural orifice or passage at either end of the oesophagus) simultaneously. (please see diagram below). This enables an assessment of how well the muscles in the oesophagus and the sphincters at either end are working and whether contractions within the oesophagus are coordinated.



Why should I have Manometry?

Manometry is primarily performed for the following reasons.

- Difficulty with swallowing (Dysphagia) or pain with swallowing (Odynophagia)
- Problems with lower oesophageal sphincter i.e. Achalasia
- Chest pain that may be coming from the oesophagus rather than the heart.
- Gastroesophageal reflux disease
- To correctly place PH probe in the oesophagus (see patient information sheet on pH Study).
- To evaluate function of the oesophagus if you are being considered for anti-reflux surgery

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How do I prepare for Manometry?

- Do not eat or drink after midnight the night before the test, until your test is over.
- Medications that need to be taken regularly, such as high blood pressure and heart medication, can be taken with small sips of water when you awaken in the morning.
- If you have diabetes, skipping breakfast may affect your need for diabetic medication. Generally one-half of your usual dose of diabetic medication is taken in the morning of the test. This should be reviewed with your physician or health care provider.
- Medications that are not essential (multivitamins etc) should not be taken on the day of the test until after the test is completed.

How is a Manometry Performed?

The procedure takes approximately 30-60mins. At the start of the test, you will be sitting upright. One nostril will be numbed with a local anaesthetic spray. A thin, soft catheter approximately one-eighth inch in diameter is passed through your numbed nostril, down the back of your throat, and into your oesophagus with drinks of water. With the catheter in your oesophagus, you will lie on your back with your head up. The pressures generated by the oesophageal muscle will be measured when the muscle is at rest and during swallows. During the test, you will be asked to swallow on command with some water (called a wet swallow). Multiple swallows are tested to allow measurement of the lower oesophageal sphincter (the barrier to reflux), the oesophagus (the swallowing tube), and the upper oesophageal sphincter (in the throat). Pressure recordings are made throughout the study and the tube is then withdrawn. You will be able to talk, and breathe without any difficulty during the test.
After the test is complete, you may resume your normal diet and medications.

What are the risks or side effects?

- Manometry Study is a very safe procedure.
- The risk of causing serious harm to you with this test is very rare. Complications are very infrequent.
- There may be some gagging during some of the passage of tube but it is easily controlled by following instructions.
- Minor side effects of this procedure could include a runny nose or discomfort in the nose and throat. This is caused by the tube that irritates or inflames the nasal tissue or throat. Both of which usually disappear on the removal of the tube.
- Rarely, there could be a nose bleed as a result of the procedure.
- Occasionally, during insertion, the tube may enter the larynx (voice box) and cause temporary choking feeling. When this happens, it is usually recognized immediately, and the tube is rapidly removed.

Who Can I contact if I have questions?

If you have any questions or need advice please contact us using the contact details above.