

UTAH DIGESTIVE HEALTH INSTITUTE

Appointment Date/Time: _____ Please arrive 15 minutes early

Esophageal Manometry (Motility)-This test may take up to an hour to perform

Your doctor has ordered an esophageal manometry due to the symptoms you have experienced or may now be considering surgery as an alternative to continued medication.

Do not eat or drink anything 6 hours before the test. A nurse or technician will perform the test. Your nasal cavity will be numbed to minimize discomfort as the catheter is placed through the nose and into the stomach. During the course of the manometry study, you will be asked to swallow a number of times. The pressure resulting from these movements will be detected and recorded by tiny sensors located on the catheter. The recording will then be transferred to a report for review and interpretation by your doctor. You will be able to drive yourself home after the test. Your results should be ready in 14 days.

24 Hour pH Probe-This test may take 30 minutes for placement of the probe

Do not eat or drink anything 6 hours before the test and depending on your doctor's orders, you will need to be either on or off your acid suppression drugs (Dexilant, Tagamet, Zantac, Carafate, Prilosec, Aciphex, Pepcid, Nexium, Prevacid, Protonix, etc.) 5 days before the test. You may take your other medications.

Stay on medications

Stop medications

A nurse or technician will perform the test. Your nasal cavity will be numbed to minimize discomfort as the small probe is placed through the nose and into the esophagus. It is connected to a small recording device that will record the acid levels in the esophagus over a 24-hour period. You will be asked to keep a diary of your activities and symptoms throughout the day and will need to return it with the recording device in order to complete the test. Your doctor will review the reflux episodes and discuss them with you at a later date.

You are encouraged to continue your normal activities so that your doctor can get a realistic picture of what is taking place in your esophagus. Do not take a bath, shower or swim.

If you know how to bring on your symptoms, you are encouraged to do so.

You will be able to drive yourself home. You will return the following day to have the probe removed and please remember the diary. Your results should be ready in 14 days.