

What is an Esophageal Manometry Test?

This test examines the movement and pressures (or **motility**) within your esophagus. The esophagus is the muscular tube that passes food from your mouth to your stomach. During the test, a tube is placed through your nasal passage (or nostril) then swallowed into your esophagus with drinks of water.

What can I expect from an Esophageal Manometry Test?

You will be able to swallow, talk, and breathe without any difficulty during the test. We will record the movement and pressures of your esophagus as you drink small amounts of water.

How do I prepare for an Esophageal Manometry?

This test will take 1 hour to run.

- **Do not eat or drink after midnight the night before your test if scheduled for a morning appointment.**
- If scheduled for an afternoon appointment, you may have clear liquids until 9 a.m. on the day of your exam, then nothing by mouth after that time.
- Please notify the nurse if you have diabetes and take insulin.

If you are unable to keep your appointment, please call the Medical Procedures Unit at (734) 936-9250 or toll-free at (877) 758-2626.

→ Turn the page to learn about the benefits, risks, and alternatives for an Esophageal Manometry.



What are the Benefits, Risks, and Alternatives for an Esophageal Manometry?

Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives for an Esophageal Manometry. Read this handout or view the video at: <https://tinyurl.com/2ey6pvmx> to understand your informed consent.

What are the benefits of an Esophageal Manometry?

The test enables the doctor to see the motility of your esophagus and evaluate the following conditions:

- Swallowing issues, including pain with swallowing.
- Regurgitation of food
- Gastroesophageal Reflux Disease (GERD)
- Chest pain

What are the risks of an Esophageal Manometry?

This is a low-risk test. Potential complications and side effects include:

- Nosebleed
- Gagging
- Nausea/vomiting
- Nose and throat discomfort and soreness.

Serious complications such as puncturing a hole in the esophagus are **extremely rare**.

What are the alternatives to an Esophageal Manometry?

- Esophagram, which is an x-ray study that uses a white substance called barium contrast

- Upper endoscopy, which uses an endoscope (a flexible tube with a light and camera at the end) to look at the esophagus

However, these studies do not provide detailed information on movement and pressure in the esophagus.

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