

Patient information factsheet

Oesophageal manometry for rumination syndrome

We have given you this factsheet because your doctor has recommended that you have an oesophageal manometry test to check for rumination syndrome. Rumination syndrome is a relatively rare condition where there is a build-up of pressure in the stomach which causes food to be regurgitated.

We hope this factsheet will answer some of the questions you may have about this test. If you have any further questions, please do speak to a member of staff when you come in for your appointment.

What is oesophageal manometry?

Oesophageal manometry is a test to measure the pressure in your oesophagus (food pipe), stomach and the valve separating your stomach and oesophagus.

We will be testing to find out whether:

- there is an increase in pressure in your stomach which is causing food to be regurgitated (ruminated) after eating
- the valve is correctly located and working properly
- your oesophagus is transporting food properly from your throat into your stomach

Before the test

Your doctor will let you know if you need to stop taking any of your medication. Otherwise, continue taking any medication as normal.

On the day of the test

- Don't eat or drink anything for four hours before the test. If you are diabetic, please contact our gastrointestinal physiology team on telephone: **023 8120 4132** for advice.
- Bring a list of all your medicines with you to the hospital.
- If you have been prescribed an inhaler for asthma or a spray for angina, please bring this with you too.
- **You will also need to bring an item of food or drink with you which is likely to aggravate your symptoms.** We can't provide this for you, as every patient has different needs and requirements. We will be able to reheat pre-prepared food in a microwave but we will not be able to prepare or cook any raw ingredients.

When you come into hospital, we will discuss your symptoms and give you an opportunity to ask questions about the test. We will explain all the risks, benefits and alternatives.

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Once you are happy that you understand the test and its implications, you will need to sign a consent form to give us permission to proceed with the test. We must, by law, obtain your written consent to this test beforehand.

If you are unsure about any aspect of the test proposed, please do not hesitate to speak with a senior member of staff.

A clinical scientist or specialist nurse will perform your oesophageal manometry test. A catheter (small tube) will be passed through your nose and throat into your stomach. The passage of the catheter into your stomach may feel uncomfortable but should not be painful. You will not have a general anaesthetic or sedative as you need to be fully awake for the test, but we may use a local anaesthetic spray in your nose if necessary.

You will lie on a couch while we are carrying out the test. The initial measurements usually take about 20 minutes. During this time, we will ask you to swallow small quantities of water and possibly some solid food such as bread or a rice cracker.

We will then ask you to eat the food or drink you have brought in with you that is likely to aggravate your symptoms. We will allow an additional 45 minutes to continue measuring the pressure in your stomach. At the end of the test, we will remove the catheter.

After the test

You are free to leave as soon as the test is complete. Most people don't experience any significant side effects afterwards.

The results will be analysed and a report will be sent to the referring consultant soon after the test. Depending on the findings, the consultant will either write to you or invite you to a clinic appointment to discuss the results of your investigation.

Contact us

For more information, contact us on telephone: **023 8120 4132**

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