

Patient information factsheet

Oesophageal manometry test

Your doctor has recommended that you have an oesophageal manometry test. We hope this factsheet will answer some of the questions you may have about this procedure. If you still have questions, please do speak to a member of staff when you come in for your appointment.

What is an oesophageal manometry?

An oesophageal manometry is a test to measure the pressures in your oesophagus (gullet) and the valve separating your stomach and oesophagus. We will be testing to check that:

- the valve is correctly located and working properly
- the oesophagus is transporting food properly from the throat into the stomach

Before the test

You will receive a letter about your appointment with a list of medicines that may interfere with the results of your test.

- Stop taking any medicines on the list before your test, as explained in the letter.
- Continue to take any other medicines that are not mentioned on the list, such as medicines for diabetes and epilepsy.

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 6704** 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.

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.

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 procedure beforehand.

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

A clinical scientist or a specialist nurse will perform your oesophageal manometry test. We will pass a catheter (small tube) through your nose and throat into your stomach. This may feel uncomfortable at the back of your nose and throat but should not be painful. You will not have any sedative as you need to be fully awake for the test but we can give some local anaesthetic spray.

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We will ask you to lie on a couch while we are carrying out the test. It usually takes about 20 minutes to finish testing and measuring. During this time we will ask you to swallow small quantities of water and possibly some solid food, such as a biscuit. 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 patients 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.

Useful links

<http://www.nhs.uk/Conditions/Dysphagia/Pages/Definition.aspx>

<http://www.nhs.uk/Conditions/Achalasia/Pages/Introduction.aspx>

Contact us

For more information, contact us on telephone: **023 8120 6704**

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If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.