

**Patient
Information**

Oesophageal Manometry

Introduction

This leaflet gives you information about your oesophageal manometry test. Any questions that you may have will be answered by a member of the clinic staff.

Your appointment is at the Gastrointestinal (GI) Laboratory located in the GI/Lung Function Department at Cheltenham General Hospital. You should report to the receptionist in the Lung Function Department on arrival.

What is oesophageal manometry?

This test measures the strength and function of the muscles in your oesophagus (food pipe) that work to push food and liquid down from your mouth to your stomach.

Why am I having this test?

Your consultant may have referred you for this test for a number of reasons. The most common are to:

- find the cause of reflux of stomach acid and contents back into the food pipe, which may be causing heartburn or indigestion.
- determine the cause of problems with your swallowing.
- assess if the chest pain you are experiencing is related to the oesophagus rather than your heart.

If you have been referred to the department for other tests the appropriate information leaflets would have been sent with your appointment letter.

Medication

You may need to stop taking some medicines up to 7 days before your appointment. If so, instructions will be attached to this leaflet telling you what medications to stop and when. If there are no instructions attached you can continue taking all of your usual medications.

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Department

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If you have diabetes, please contact the GI/Lung Function Department for advice regarding your medication. The telephone number is at the end of this leaflet.

Side effects

The side effects associated with the test are minor. They include a mild sore throat, nosebleed and some nasal blockage.

Risks

There is a minimal risk of oesophageal perforation (causing a hole in the oesophagus) during this procedure. This will be fully discussed with you before the test.

Consent

The physiologist will explain the procedure and answer any questions that you may have. When they are sure that you understand the procedure, you will be asked to sign a consent form.

Before the test

You must not have anything to eat or drink for **6 hours** before the test. Your stomach must be empty before the oesophageal manometry test can be carried out.

If you have not had a gastroscopy (a gastroscope passed through the mouth down the gullet and into the stomach) or a barium swallow within the last 12 months, please contact the GI/Lung Function Department straight away on telephone number 0300 422 2977.

During the test

In the examination room you will be made comfortable on an examination couch.

A thin tube (catheter) is passed through your nose and down into the stomach. You will be given water to drink to help it down. It should feel no worse than swallowing a tablet. There may be some gagging while the tube is being inserted. You will be helped by a member of staff if this happens.

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The tube should not cause any pain or interfere with your breathing. Some patients may feel lightheaded but this feeling will soon pass.

During the test, the physiologist will ask you to swallow some water (called a wet swallow).

Your swallows will allow us to assess the function 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 test. The tube is withdrawn when the test has been completed.

The test usually takes about 20 minutes but the whole appointment will take 1 hour.

After the test

You will be discharged home after the test and will be able to carry on with your normal routine. You can resume your medications and eat as normal unless instructed otherwise. You will be fit to drive after the procedure but if you are unsure, please arrange to be accompanied to the appointment, or arrange to use public transport.

Results

The consultant will review the results of the test and will decide whether further treatment is required. The consultant will let you know their decision either by telephone, letter or at an outpatient appointment.

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Contact information

If you have any questions you would like to ask before your appointment, please contact the GI/Lung Function Department.

GI/Lung Function Department

Cheltenham General Hospital

Tel: 0300 422 2977

Monday to Friday, 8:00am and 4:30pm

We are not always able to answer the telephone during the day. Please leave a message and we will contact you as soon as we can.

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>