

# Oesophageal Manometry And Reflux Testing Patient Information Leaflet

## What is a Oesophageal Manometry?

It measures the strength and function of your oesophagus and provides information about how the muscles in your oesophagus work as food and liquids pass from the mouth to the stomach.

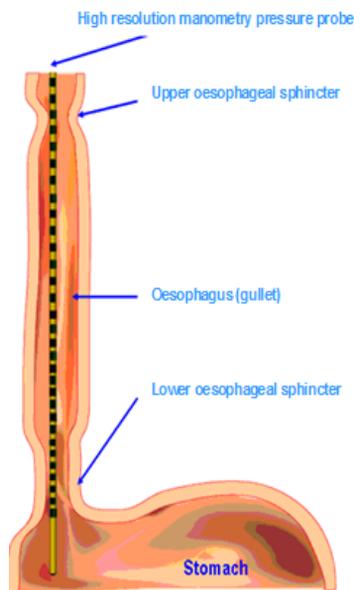
## What is Reflux Testing?

This test is performed to measure the amount of acid coming up (reflux) into the oesophagus from the stomach over a 24 hour period. This allows us to establish whether your symptoms are due to acid reflux.

## Why are these tests necessary?

These tests can diagnose several different oesophageal conditions, and can evaluate the effectiveness of your swallow prior to anti-reflux surgery. The results can also determine if your symptoms are caused by acid reflux.

**YOU NEED TO FAST**  
But you can have sip water  
until your procedure



## Preparing for the procedure

Please stop the following medication prior to your procedure:

Omeprazole, Lanzoprazole, Pantoprazole, Rabeprazole for **5 days**

Ranitidine for **3 days**

Gavicon/Rennies **24 hours**

You should not eat anything 6 hours before the test but you can sip water up until the start of the test.

Please do not wear make up on the day of the procedure as this prevents the tape used to secure the tube from sticking.

Also as you will be going home with the pH tube please wear loose clothing, but avoid dresses.



## The procedure

You will be given a local anaesthetic in your nostril whilst you are sitting upright. Then a thin tube is passed through the nostril, down the oesophagus and into the stomach whilst you swallow small sips of water. This tube has sensors on it that detect pressure changes along the oesophagus. You might be asked to lay down and swallow water whilst the oesophagus contractions are measured. You might be asked to swallow jelly or bread as part of this test. After this the tube is then removed and the second part of the test will begin.

The second part of the test is a small tube is place in the nostril into the oesophagus this is attached to a small monitoring device that attaches to the waist. This records the information on your reflux.

You will usually be in the room for 45-60 minutes.

## After the procedure

You will go home with the pH tube attached as this records information for 24 hours, you can carry out your normal routine and you can eat normally. Once the test is complete the next day you must return back to the hospital to have the tube removed.

## Possible complications

All procedures of this nature carry a small risks. However this procedure is not painful because the nostril and throat is numbed, though it may be slightly uncomfortable. You may get a mild sore throat and a nose bleed and you may also feel discomfort in your throat how ever this goes away after a while and over the counter lozenges may give some relief to this.



## Other Information

The unit is located in core A on level 1 and is sign posted "Endoscopy" Please make your way to the Day Treatment Unit (DTU) waiting room and check in at the reception desk.

If you have any question you may contact the endoscopy unit between 8am – 6pm weekdays:

### **Nursing Enquiries**

Tel: 01733 673945

Tel: 01733 673944

### **Booking Enquiries**

Tel: 01733 677433

Tel: 01733 673981

Alternatively you can find more information on our website address:

**[www.nwangliaft.nhs.uk](http://www.nwangliaft.nhs.uk)**

