

# MaineGeneral Gastroenterology

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Procedure Location:  
**MaineGeneral Endoscopy  
 Thayer Center for Health  
 149 North Street  
 Waterville**

## Preparation for Esophageal Manometry

Please arrive **30 minutes** before the exam.

An esophageal manometry is a test to measure the strength and function of the esophagus (food pipe). This test helps your physician determine the cause for your symptoms such as heartburn, chest discomfort and swallowing difficulties. It is also used to help plan surgery or determine the success of a previous surgery.

- Before the test, the nurses will spray your nose with Afrin® nasal spray to open the nasal passages and use a liquid to numb the nasal area.
- They will then insert a thin tube (catheter) through the nose and into the back of the throat.
- You will then be asked to swallow and the catheter will pass into the esophagus. During the test you will be asked to swallow several times, take sips of water, and to take deep breaths. The catheter has holes in it that sense the pressure and send messages to the computer. The results will be interpreted by Dr. Saletta. It does not hurt, but may feel a bit unusual while the test is being done.

The test lasts 20-30 minutes, and cannot be done with sedation as this would relax the esophageal muscles and make the test inaccurate. If you are also having a 24-hour pH probe, another catheter will be placed. Please review the 24-hour probe instruction sheet to learn more.

### Preparation for the test:

- If you take Reglan (metoclopramide) or Levsin® (dicyclomine), please stop these medications for three days before the exam
- **No solid food** after midnight.

- **Clear liquids** are allowed until \_\_\_\_\_ a.m./p.m., which is three hours before the test. A clear liquid is any liquid you can see through. Examples are bouillon, apple juice, cranberry juice, ginger ale or Sprite, tea, black coffee (sugar allowed), Popsicles® (any color), Gatorade (any flavor), JELL-O. After this time, you may have nothing by mouth including gum or candy. No smoking.
- **If you are diabetic**, see reverse side of this form for instructions.
- You take your routine medications up until three hours before the procedure. If you are having an early morning procedure, please take your heart or blood pressure medications as soon as you get up with a sip of water.
- Sedation is not necessary so you may drive yourself to and from the exam.

**Please feel free to call with any questions or concerns at 621-4600.**

*Continued in next column*

**Guidelines for patients with diabetes on back**

## Guidelines for Patients with Diabetes

Please use regular clear liquids, **not** diet clear liquids. Examples: regular ginger ale and regular JELL-O.

### **Drink plenty of clear liquids that contain sugar.**

- Avoid caffeinated drinks. They can cause dehydration.
- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Stop drinking clear liquids three hours before your procedure and check your blood sugar. If it is low, call 621-4600. (If before 8:30 a.m. or after 4:30 p.m., the answering service will page the doctor on call.)

### **If you use long-acting insulin:**

- Take your long-acting insulin as prescribed. These include LANTUS<sup>®</sup>, Levemir<sup>®</sup> or your insulin pump.

### **If you use short- or medium-acting insulin:**

- Cut back to half the usual dose the day before your procedure.

### **If you take oral agents (pills):**

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.