

When will I know the results?

You will be told if any information is immediately apparent but the recording needs to be carefully analysed before a diagnosis can be made. The results are sent back to the doctor or consultant who referred you for the tests. You should allow two weeks for the results to reach them.

Glossary of terms

- **Oesophagus:** The oesophagus or gullet is a muscular tube, about 24cm long, which extends from the throat to the stomach.
- **Oesophageal Manometry Test:** This is a test, which measures pressure activity within the oesophagus. An assessment can then be made of how well the oesophagus is working.
- **Catheter:** A flexible plastic tube.
- **Pressure sensors:** Very small detectors that measure pressure.

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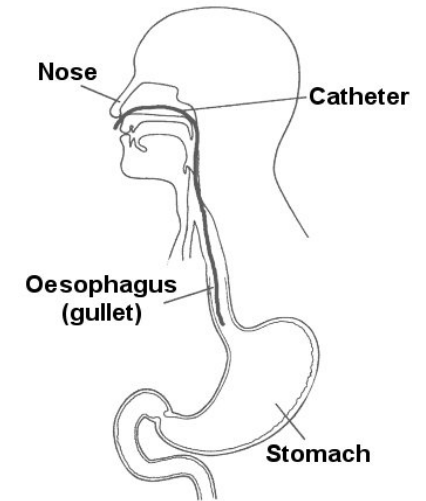
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Royal Berkshire
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Oesophageal manometry tests

Information for patients

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This leaflet explains what happens during an oesophageal manometry test and how to prepare for it.

Why do I need the test?

The test measures the pressure and co-ordination of muscular activity within your oesophagus when you swallow. From this, we can assess how it is functioning and determine if your symptoms are due to certain disorders of the oesophagus (gullet).

The test is also required before anti-reflux surgery to make sure the oesophagus is working well enough for you to have the operation.

What to expect before the test

Full instructions regarding stopping medication prior to the test will be sent in your appointment letter, as this will depend on which drugs you are taking.

You should not undergo this test, if you have severe metal allergies.

You should not eat or drink anything in the four hours before the test, apart from sips of water.

Prior to this test, you should have had a gastroscopy. If possible, please can you bring this report.

You are advised to wear loose-fitting comfortable clothes as you will be sitting up on a couch for 20-30 minutes during the test period and tight-fitting clothes can interfere with the test.

What to expect on arrival

The practitioner will explain the procedure and ask you to sign a consent form. This is to ensure that you understand the test and its implications.

The practitioner will also ask you a series of questions about your symptoms and the medication you have taken for them. This will help with the interpretation of the results.

Please bring a list of medications with you.

What to expect during the test

You will be made comfortable on the couch, sitting upright. The practitioner will then pass a catheter (tube) with pressure sensors along its length, through your nose and into your oesophagus. You will not be asleep or sedated in any way as you should only feel a slight discomfort from the procedure.

The catheter is connected to a computer that displays and records the pressures in each sensor.

During the test period, we ask you to sit as quietly as possible and to talk as little as possible. This is because talking can interfere with the measurements.

We will give you small amounts of water (5ml) to swallow so that we can observe the muscle contractions in the oesophagus. We need at least ten swallows so that we can obtain an accurate assessment of this activity. **Please swallow normally and try not to swallow between the sips of water.**

We will also ask you to swallow five small pieces of bread, followed by a 200mls glass of water. If you are on a gluten-free diet, please bring a slice of gluten-free bread with you.

You should expect to be in the unit for approximately one hour, after which you will be able to return to work or home.

Will I be able to feel the catheter?

You will be aware of the catheter in the back of your throat throughout the test. Although you may find it uncomfortable, it should not cause you any pain.