



**DIGESTIVE HEALTH ASSOCIATES**  
PROFESSIONAL CORPORATION

Patrick D. Gerstenberger, MD    Steven R. Christensen, MD    Stuart B. Saslow, MD    Christopher Stewart, PA –C    Kory Williams, PA-C

## **Preparation for Esophageal Motility (Manometry) Study**

Read these instructions at least three days before your scheduled procedure

Your esophageal motility study is scheduled for \_\_\_\_\_.

Please arrive at Mercy Regional Medical Center's Surgery Admission Short Stay unit by \_\_\_\_\_.

This test measures the pressure in the valves at the opening of the esophagus and the junction of the esophagus and stomach. It also tests the strength, coordination and effectiveness of contractions within the esophagus. A small tube is passed through a nostril into the stomach. The subject then swallows sips of water and measurements are made. The tube is in place for about 10 minutes. No sedation is necessary. You may drive to and from the test.

### *Preparation:*

You may consume only clear liquids after midnight. All fluid intake must be discontinued 2 hours before the procedure. Medications and other substances that may affect upper gastrointestinal motility generally discontinued 24 hours before the procedure unless it is unsafe to do so. Patients taking these medications because of heart disease or severe hypertension should discuss their preparation with our office at least one week before their motility test. Examples of these medications and substances include:

- nicotine
- nitroglycerin (tablets, pastes, patches, ointments)
- antispasmodics: dicyclomine (Bentyl®), hyoscyamine (Levsin®)
- calcium channel antagonists: amlodipine (Norvasc®), diltiazem (Cardizem®), isradipine (DyanCirc®), nifedipine (Procardia®), nisoldipine (Sular®), verapamil (Calan®)
- metoclopramide (Reglan®)
- urecholine (Bethanecol®)
- baclofen (Lioresal®)
- domeperidone