



**Northumbria Healthcare**  
NHS Foundation Trust

# Oesophageal Manometry

Issued by Oesophageal Physiology Unit



This leaflet is intended to answer some of the questions you may have about your forthcoming Oesophageal Manometry test. Please do not hesitate to contact the number on your appointment letter if there is anything further you would like to know.

## **Why do I need the test?**

The test measures the pressures and co-ordination of pressure activity within your oesophagus (gullet) when you swallow. From this we can make an assessment as to whether it is working correctly and determine if your symptoms are due to a disorder of the oesophagus.

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

## **Risks, benefits and alternatives**

There are some slight risks associated with the test. You might retch while the probe is being passed but this will settle when it is in the correct position. You may also experience a sore throat or irritation to the back of the nose while the probe is in position.

In most cases, the tests provide an accurate assessment of your symptoms which is helpful in providing a diagnosis and in managing your condition.

An alternative to this test would be a Barium Meal however; this does not provide such accurate information and in most cases does not allow us to make an accurate diagnosis.

# What should I expect?

## **Before the test:**

You should stop taking any antacid medicines which may affect the functioning of your oesophagus 7 days before the test (Lansoprazole, Omeprazole, Pantoprazole, etc.)

You may take short acting anti-acid preparations such as Rennie's or Gaviscon until the night before your test.

**You should not eat anything for 6 hours before the test but you may drink clear fluids (water, juice, tea or coffee without milk) until two hours before the test.**

## **On arrival:**

The doctor/ specialist nurse will explain the procedure to you to ensure that you understand the test and its implications. You will also be asked a series of questions about your symptoms and the medication you have taken for them. This will help with the interpretation of the results.

You will be asked to sign a consent form to confirm that you understand what is going to happen and that you agree to have the test carried out.

**Please bring a list of your medication with you.**

## During the test:

Please do not wear make-up when you come for the test as during the passing of the tubes, some patients sneeze and/or their eyes water causing make-up to run. Also if you are going on to have ph monitoring, you will need to have a 24-hour probe secured by adhesive tape to your face. If you wear make-up the tape will not stick to hold the probe in position.

You will be made comfortable on a couch, sitting upright. The doctor/specialist nurse will then pass a catheter over the back of your nose and throat and into your oesophagus.

You will not be given any sedation or local anaesthetic and should only experience slight discomfort during the test.

Once the catheter is in place the test is a series of either swallowing or not swallowing. You will then be given small amounts of water (5mls) to swallow (wet swallows) so that we can observe the muscle contractions in the oesophagus. Up to 10 swallows may be given so that we can obtain an accurate assessment of your swallowing.

You will be asked to swallow normally and not swallow between the samples of water given. We appreciate that this might be difficult and if you need to swallow saliva (dry swallows) you can do so but it is important to tell us when you swallow so that we know that it has happened.

Depending on your symptoms and our findings from the wet swallows we may also ask you to swallow a small, lumpy piece of food, such as a marshmallow.

The procedure will take approximately 45 minutes, after which you may be able to leave the department or go on to have 24 hour Oesophageal pH Monitoring carried out.

## **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.

## **When will I know the results?**

You will be told of any information that is immediately apparent but the recording needs to be carefully analysed before a diagnosis can be made. The results will be explained at your next outpatient appointment.

# Glossary of terms

## Oesophagus

The oesophagus, or gullet, is a muscular tube which extend from the throat to the stomach.

## Oesophageal Manometry Test

This is a test which measures pressure activity within the oesophagus (gullet). Using this test, an assessment can be made as to how well the oesophagus is working.

## Hiatus Hernia

A hernia in which part of the stomach bulges in to the chest through the opening in the diaphragm muscle through which the oesophagus normally passes.

## Useful contact numbers

### North Tyneside General

Hospital Rake Lane  
North Shields  
NE29 8NH  
0191 293 2580

### Wansbeck General Hospital

Woodhorn Lane  
Ashington  
NE63 9JJ  
01670 564190



## **Alternative Formats**

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

## **Other sources of information**

### **NHS 111**

### **NHS Choices**

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### **NICE (National Institute for Health and Clinical Excellence)**

[www.nice.org.uk](http://www.nice.org.uk)

### **Patient Advice and Liaison Service (PALS)**

Freephone: **0800 032 0202**

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### **Northumbria Healthcare NHS Foundation Trust**

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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