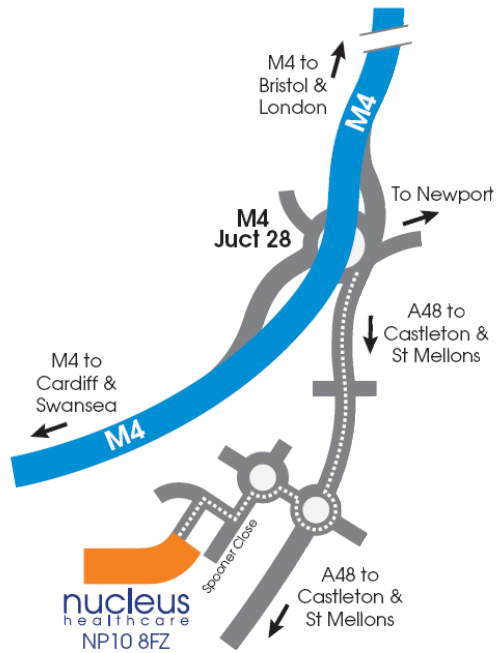


This fact sheet was designed to help you. Please do not hesitate to ask any questions of our specialists and nurses

If you have any problems following your procedure please ring

Nucleus Healthcare during opening hours 07.30hrs – 18.00hrs



OESOPHAGEAL MANOMETRY AND Ph STUDIES

Nucleus Healthcare
Spooner Close
Newport
NP10 8FZ

TELEPHONE 01633 815900

FAX 01633 815915

What is oesophageal manometry?

This test measures the pressures within your oesophagus (food pipe) and the valves which are situated at its top and bottom.

In order to do the test a very thin tube is passed through your nose and down into the stomach, you will be given water to drink to help it down and it feels no worse than swallowing a tablet.

What should you expect?

It is important to stop taking these prescribed indigestion medicines **7 days** before the test:

- Esomeprazole
- Lansoprazole
- Omeprazole
- Pantoprazole
- Rabeprazole sodium

Stop taking the following medicines **48 hours** before the test:

- Cimetidine
- Ranitidine
- Nizatidine
- Famotidine
- Ranitidine Bismuth Citrate

Stop taking the following medicines **48 hours** before the test:

- Rennie's
- Gaviscon
- ASilone
- Malox
- Settlers
- Algicon

You should continue taking medicine for other conditions such as epilepsy.

On arrival

The specialist nurse/physiologist will explain the procedure to you and ask you to sign a consent form. Please tell them if you have had any bad reactions to medicines or other tests. If you have any worries or questions at this stage don't be afraid to ask. The staff will want you to be as relaxed as possible and will not mind answering your queries.

During the test

In the examination room you will be made comfortable on a couch. The nurse/physiologist will spray some local anaesthetic on the back of your nose.

When the tube is passed into your stomach it will not cause any pain nor will it interfere with your breathing at any time. Some patients may feel a little light-headed during this part of the procedure, however this will soon pass. The test will take approximately 30 minutes, during which time you will be given some sips of water to swallow.

24 Hour pH monitoring

This test measures the amount of acid that passes from your stomach back up into your oesophagus (reflux) and indicates how severe the problem is. The test will take place after the manometry and involves a tube being sited in the oesophagus for a period of 24 hours, therefore you will be required to return to the hospital the following day to have the tube removed. During the recording period you will be asked to refrain from eating any acidic foods and drinking any fizzy, acidic or alcoholic drinks.

Diary

You will be given a diary sheet on which you will be asked to record your activities and food intake during the 24 hours. Any symptoms you experience should also be recorded. The staff will explain this to you before your leave. If you think that keeping a diary will be a problem, please mention this to the nurse/physiologist.

Contact

If you have any concerns about the tube or equipment during the test, please contact us on 01633 815900. You will be required to leave your name and telephone number and we will call you as soon as we can.

If you find you really cannot tolerate the tube for any reason, simply remove the securing tape, breathe in, then out and slowly remove it. Place in a polythene bag with the recorder and return to the hospital the following day as arranged.

How long will I stay in the hospital?

The whole procedure will take about one hour and a half to complete. You may return to work if you wish or be as active as you normally would be at home.

May I drive?

You will be fit to drive after the procedure but if you are unsure please arrange to be accompanied to each appointment or arrange to use public transport.

What happens the following day?

You will be asked to attend the following day when the nurse/physiologist will remove the tube. Your diary sheet will be checked with you to ensure the relevant information has been recorded.

