PATIENT & CAREGIVER EDUCATION

About Your Esophageal Manometry

This information will help you get ready for your esophageal manometry procedure at Memorial Sloan Kettering (MSK).

Esophageal manometry measures the function of your esophagus (food pipe). It’s done to find out why you have symptoms such as difficulty or pain when you swallow or chest pain. It’s also done before anti-reflux surgery. You don’t need anesthesia (medication to make you fall asleep) for this procedure.

1 Week Before Your Procedure

Ask about your medications
You might need to stop taking some of your medications before your procedure.

Anticoagulants (blood thinners)
If you take medication to thin your blood, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it. Some examples of blood thinners are listed below.
• aspirin
• clopidogrel (Plavix®)
• cilostazol (Pletal®)
• dalteparin (Fragmin®)
• enoxaparin (Lovenox®)
• heparin
• tinzaparin (Innohep®)
• warfarin (Coumadin®)

**Medications for diabetes**

If you take insulin or other medications for diabetes, ask the doctor who prescribes the medication what you should do the morning of your procedure. You might need to change the dose before your procedure.

**3 Days Before Your Procedure**

An endoscopy nurse will call you 3 days before your procedure. The nurse will confirm the type of procedure(s) you’re having and review these instructions with you. They will also ask you questions about your medical history and the medications you take.

**1 Day Before Your Procedure**

A staff member from the Admitting Office will call you after 11:00 AM the day before your procedure. They will tell you what time you should arrive at the hospital for your procedure. If your procedure is scheduled for a Monday, they will call you on the Friday before. If you don’t get a call by 7:00 PM, please call 212-639-5014.
Write in your appointment time below.

Date: ________________
Time: ________________

If you need to cancel your procedure for any reason, please call the doctor who scheduled it for you.

Instructions for eating and drinking before your procedure

- Do not eat anything after midnight the night before your procedure. This includes hard candy and gum.
- Between midnight and up until 2 hours before your scheduled arrival time, you may drink a total of 12 ounces of water (see figure).
- Starting 2 hours before your scheduled arrival time, do not eat or drink anything. This includes water.

The Day of Your Procedure

Things to remember

- Take only the medications you were told to take the morning of your procedure. Take them with a few sips of water.
- If you take erythromycin (an antibiotic) or metoclopramide
(Reglan®), don’t take them on the day of your procedure. These medications will affect your test results.

**What to bring with you**

- A list of the medications you take at home
- Medication for breathing problems (such as an inhaler), if you take any
- Medication for chest pain, if you take any

**Where to park**

MSK’s parking garage is located on East 66th Street between York and First Avenues. If you have questions about prices, call 212-639-2338.

To reach the garage, turn onto East 66th Street from York Avenue. The garage is located about a quarter of a block in from York Avenue, on the right-hand (north) side of the street. There is a pedestrian tunnel that you can walk through that connects the garage to the hospital.

There are also other garages located on East 69th Street between First and Second Avenues, East 67th Street between York and First Avenues, and East 65th Street between First and Second Avenues.

**Where to go**

Your procedure will take place in the Endoscopy Unit. It’s located
in Memorial Hospital (MSK’s main hospital). The address is:

1275 York Avenue (between East 67th and East 68th Streets)
New York, NY 10065

Once you arrive at Memorial Hospital, take the M elevator to the 2nd floor.

**What to expect**

Once you arrive at the hospital, doctors, nurses, and other staff members will ask you to say and spell your name and date of birth many times. This is for your safety. People with the same or a similar name might be having a procedure on the same day.

Your doctor will explain the procedure to you and answer your questions. They will ask you to sign a consent form.

When it’s time for your procedure, you will be brought into the room where it will be done. An anesthetic (numbing) gel will be put in your nose with a cotton swab (Q-tip®). Once your nose is numb, your doctor will pass a thin tube through your nose and into your stomach. You might have some mild gagging or discomfort, but these feelings will go away quickly.

When the tube is in place, your doctor will ask you to swallow small sips of water. The pressure of the muscle contractions that happen after you swallow will be measured along several sections of your esophagus. The tube will be removed after the procedure
is completed.

The procedure takes about 15 minutes.

**After Your Procedure**

You can leave the hospital right after your procedure is finished. You don’t need to follow any special instructions.

**Call Your Doctor or Nurse if You Have:**

- A fever of 101 °F (38.3 °C) or higher
- Difficulty swallowing
- Pain in your chest
- Stomach pain, hardness, or bloating
- Nausea (feeling like you’re going to throw up) or vomiting (throwing up)
- Severe or constant bleeding from your nose
- Any unexpected or unexplained problems
If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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