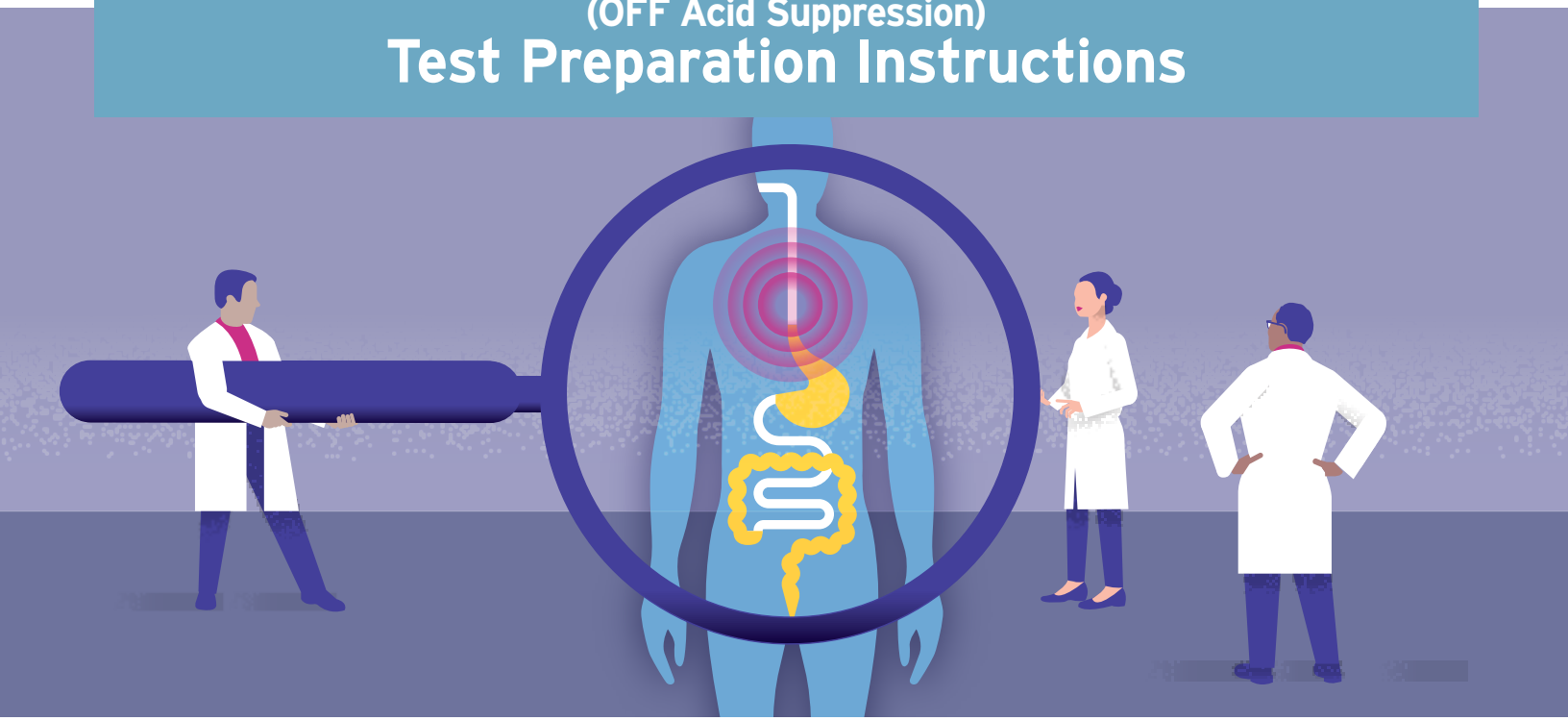
UCLA Health

Esophageal Manometry & 48-Hour pH
(OFF Acid Suppression)
Test Preparation Instructions



☐ **DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:

- If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
- Take scheduled medications at least 2 hours prior to your test with a small amount of water.

☐ **SCHEDULE** your Esophageal Manometry & 48-Hour pH Test. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your Esophageal Manometry & 48-Hour pH Test if it was not scheduled for you at your clinic appointment. Note: The PCC may also call you to schedule the procedure.

LOCATION Your Esophageal Manometry & 48-Hour pH Test will be performed by a **nurse** at the selected location listed below:

☐ **UCLA Medical Center**
100 UCLA Medical Plaza #205
Los Angeles, CA 90095

Date _____

Time _____

(Please check in 15 minutes before procedure time)

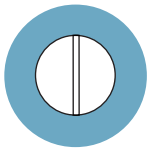
IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:

7 DAYS BEFORE YOUR TEST STOP TAKING

- **Proton pump inhibitors -** This includes, but is not limited to rabeprazole (Aciphex), omeprazole (Prilosec), lansoprazole (Prevacid), dexlansoprazole (Dexilant), esomeprazole (Nexium), pantoprazole (Protonix).

2 DAYS BEFORE YOUR TEST STOP TAKING

- **Histamine2 blockers -** This includes, but is not limited to famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac), nizatidine (Axid).



1 DAY BEFORE YOUR TEST STOP TAKING

- **Antacids -** This includes, but is not limited to Maalox, Mylanta, Rolaids, TUMS.

☐ **THE NIGHT BEFORE YOUR TEST** do not eat or drink anything after midnight. You might want to shower or bathe because you will not be able to do so during the test. The pH recorder must not get wet.

☐ **THE MORNING OF YOUR TEST** take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with a small amount of water. Remember to continue holding the medications mentioned above for the remainder of the study.

Medications that SHOULD NOT be taken on the day of the appointment, until after the test is completed, include:

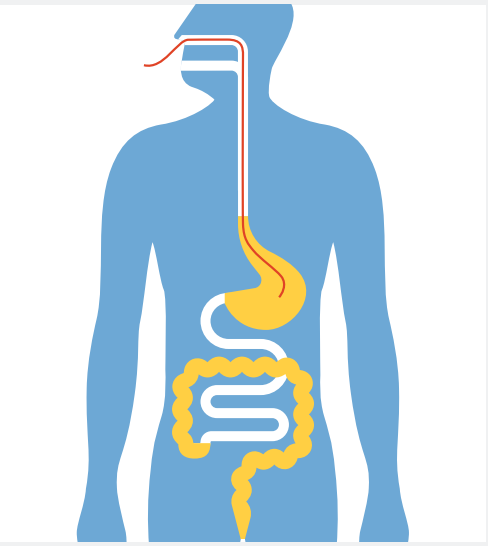
- Pain medicines: medperidine (Demerol), codeine, morphine, oxycodone and aspirin (Percodan) and oxycodone and acetaminophen (Percocet)
- Sedatives or tranquilizers: diazepam (Valium), chlordiazepoxide and clindium (Librax), lorazepam (Ativan), amitriptyline (Elavil), chlorpromazine (Thorazine)
- Antispasmodics: dicyclomine (Bentyl), Donnatal, hyoscyamine (Levsin), glycopyrrolate (Robinul)
- Promotility agents: metoclopramide (Reglan), tegaserod (Zelnorm), erythromycin, domperidone (Motilium)

Please do not schedule any other appointments or procedures that require you to eat or drink before your esophageal manometry and pH test. Also, please wear a loose-fitting top or button-down shirt.

Avoid applying makeup or lotions to your face and neck area, so that the pH probe can be secured to your body.

☐ **THE DAY AFTER YOUR APPOINTMENT** return the equipment to the office where your test was performed.

WHAT IS AN ESOPHAGEAL MANOMETRY AND WHAT CAN I EXPECT DURING THE TEST?



The esophagus is a long, muscular tube that connects the throat to the stomach. It contracts with swallowing to push food from the throat to the stomach. Esophageal manometry is a test that evaluates how well the esophagus works, by measuring pressures produced by muscle contraction in response to swallowing. It is used to evaluate swallowing problems not caused by mechanical obstruction of the esophagus, chest pain not related to the heart, for preoperative evaluation to make sure the esophagus functions well enough to do anti-reflux surgery, and to assure correct placement of an esophageal pH catheter.

The test is accomplished with a thin, flexible catheter that has up to 36 pressure sensors spaced at 1 cm intervals along its length. It is attached to a computer and video monitor that display and store pressure information coming from the sensors. The test is performed by specially trained and experienced motility nurses while you are awake, so you may participate. After the nasal passage is numbed by an anesthetic gel, the catheter is passed into the nose and swallowed into the esophagus by drinking water. It is placed so pressure sensors are positioned from the throat to the stomach. Esophageal function is evaluated by giving you small amounts of liquid, a jello-like material, and sometimes solid food to swallow. The catheter is removed at completion of the study, and the data are stored on a computer for analysis. The whole process takes about 30 minutes. Once this has been completed, you may drive yourself home and go about your normal activities. The test is interpreted by gastroenterologists who are experts in esophageal diseases.

WHAT IS A 48-HOUR pH STUDY AND WHAT CAN I EXPECT DURING THE TEST?

It is a catheter-based test that measures the amount of acid reflux from the stomach into the esophagus over a 48-hour time period. It also determines if symptoms are correlated with acid reflux episodes. Esophageal manometry is done beforehand to determine the positioning of the catheter in the esophagus. The manometry may be done the same day or in advance.

The test is performed by specially trained and experienced motility nurses. The nurse will insert a very thin catheter with sensors into one of your nostrils. It is about the thickness of a cellphone charging cord. The catheter is passed into the nose and swallowed into the esophagus by drinking water. The catheter is attached to a recording device that you will keep near you for 48 hours. You will be given instructions on how to record your symptoms during the test. At the end of the study the catheter is removed from your nose and the data are loaded on a computer for analysis. The test is interpreted by gastroenterologists who are experts in esophageal disorders.