ESOPHAGEAL MANOMETRY with 24 HOUR Ph IMPEDANCE MONITORING

PREP INSTRUCTIONS

PROCEDURE DATE: ____________   ARRIVAL TIME: ________ AM/PM
PROCEDURE TIME: ________ AM/PM

PLEASE REPORT TO:
☐ The Oregon Clinic, Portland GI      1111 NE 99TH AVE, STE 301, PORTLAND

PREPARATION:
☐ Continue PPI medication
☐ Discontinue PPI medication 7 days prior to your procedure
*Examples of PPI medications:
Omeprazole, Prilosec, Protonix, Nexium, Aciphex, Prevacid

Take all regularly scheduled medications unless otherwise specified in these instructions

<table>
<thead>
<tr>
<th>DAY PRIOR</th>
<th>DAY OF</th>
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<tr>
<td>DATE: _______</td>
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24 hours prior to your test:
☐ Discontinue antacids (ex. Tums, Rolaids, Maalox, etc.)

You are to have no solid food past midnight the night before your procedure.

You may have clear liquids up until 4 hours before your scheduled procedure time.

Examples of Clear Liquids:
CLEAR LIQUIDS

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<tr>
<th></th>
<th>Water</th>
<th>Popsicles</th>
<th>Jell-O</th>
<th>Black Coffee</th>
<th>Crystal Light</th>
<th>Soda Pop</th>
<th>Tea</th>
<th>Gatorade</th>
<th>Propel</th>
<th>Broth</th>
<th>Clear/Strained Juices</th>
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*It is recommended that you do not wear makeup during the test*

TESTS:

**Esophageal Manometry** – A topical anesthetic will be applied in your nose. A tube will then be inserted through your nose and esophagus, into your stomach, and slowly withdrawn. Measurements will be taken of the contractions and relaxation of the muscles (sphincters) at the start and end of your esophagus, as well as the squeezing (peristalsis) that pushes food down into your stomach. This is done on patients having difficulty swallowing (dysphagia), acid reflux (GERD), non-cardiac chest pain, and some lung and throat problems. The procedure will take 1–1½ hours.

**24-hour pH Impedance Monitoring** – A very small tube will be inserted through your nose into your esophagus, and then taped in place. The tube will be connected to a small monitor in a carrying case, which will record any reflux and symptoms you might have. This tube remains in your nose and esophagus for approximately 24 hours.