

## ESOPHAGEAL MANOMETRY & 24-HR pH IMPEDANCE STUDY – OFF PPI

**Esophageal manometry** is a procedure which measures the strength and function of the muscles in your esophagus (the 'food pipe'). These muscles work to push food and liquid from the mouth down into the stomach.

For this procedure, a flexible plastic catheter is passed through nostril, down the back of the throat, and into the esophagus as you swallow. With further swallowing, the tube is then passed down into your stomach.

Multiple swallows are tested to allow measurement of the entire esophagus. Pressure recordings are made throughout the study. The tube is then withdrawn.

**Esophageal pH Impedance** is a test used to measure the amount of acid refluxing from your stomach into the esophagus (the 'food pipe').

For this procedure, a thin catheter is passed into one nostril, down the back of the throat, and into the esophagus as you swallow. The other end of the small catheter comes out of the nose and is connected to a small battery-powered recorder that is worn on a strap over the shoulder. You will be sent home with the catheter and recorder in place. During the 24 hours that the catheter is in place, you can go about your usual activities, for example, eating, sleeping, and working. You will be onsite about 1.5 hours.

**You will return the next day to have the catheter removed.**

### **INSTRUCTIONS:**

#### **Beginning 7 days prior to your test:**

1. Discontinue Proton Pump inhibitor medications (*Prilosec-omeprazole, Zegerid-omeprazole/sodium bicarbonate, Prevacid-lansoprazole, Aciphex-rabeprazole, Protonix-pantoprazole, Nexium-esomeprazole, Dexilant-dexlansoprazole*).

#### **Beginning 2 days prior to your test:**

1. Discontinue Histamine Blocker medications (*Axid-nizatidine, Pepcid-famotidine, Tagamet-cimetidine, Zantac-ranitidine*).

#### **Beginning 1 day prior to your test:**

1. Discontinue Tums, Maalox, or other over the counter antacids.

#### **Beginning the day of your test:**

1. Nothing to eat or drink beginning **6 hours before** your test.
2. Please do not wear facial make-up on the day of your study. Eye make-up is ok to wear.
3. Please remove all facial jewelry immediately prior to testing, earrings are OK to leave in.
4. For your comfort, we recommend wearing loose fitting clothing that fastens in the front.
5. Please do not bathe or shower during the 24-hour testing period.
6. You will return the next day to have the catheter removed.

A reading physician will interpret the data of your study, which may take approximately 2-4 weeks. Your referring provider will discuss the results with you.

**ADDITIONAL INSTRUCTIONS:**

- If you are a DIABETIC, please be sure to obtain additional instructions.

**CANCELLATIONS AND RESCHEDULING:**

If you need to cancel or reschedule your appointment, please contact the clinic at least 48 hours before your appointment.

If you arrive late or if you cancel your appointment less than 48 hours before your visit, you may be charged a fee of \$100.