

Esophageal Motility Assessment

Location

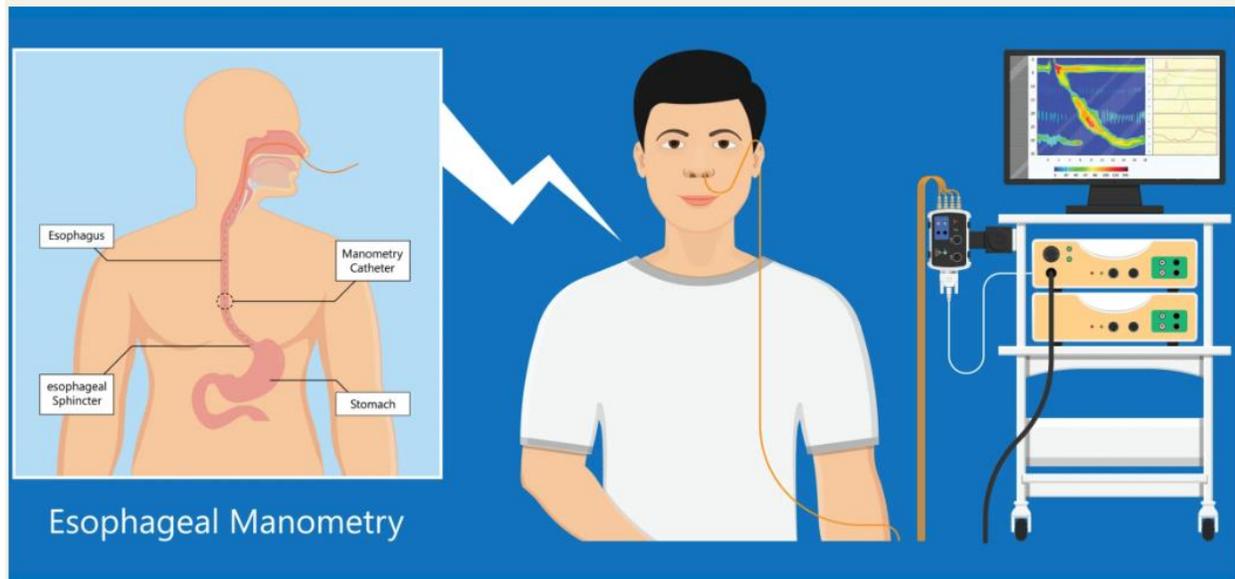
[Toronto General Hospital](#)

Norman Urquhart (NU) Building – 10th Floor (same location as the Pulmonary Function Lab)

Contact

Phone: 416 340 3901

Or 416 340 3234



What do we do?

- **Esophageal contractility assessment:** A thin tube will be inserted down your nose into your esophagus (food tube) then connected to a computer. You will then be asked to swallow teaspoons of slightly salted water to be able to assess the ability of your esophagus to contract. This tube will be in you for 10-15 minutes and then removed.
- **Reflux monitoring assessment (24-Hour pH Testing):** Another thin tube will then be passed down your nose, into your esophagus and connected to a small recorder to record reflux in the esophagus for 24 hours. You will return to the clinic the next day to have the tube removed and return the recorder. You will be asked to keep a diary of your activities, meals and symptoms.

Important points:

- As no sedation is used, you may drive yourself or take public transit.
- It's recommended to wear a front-button shirt or blouse to make it easier to undress at bedtime while wearing the recorder.

- Unless your test was specifically ordered to be done while 'On Medications' as directed by your doctor(s), please **do not** take any stomach medications before the test.
- **Do not** drink alcohol.
- **Do not** shower or bathe while tube is in.
- It is recommended that the equipment be worn at all times to prevent damage.

Why do we do this?

There may be an association with reflux and lung dysfunction (or decline in lung function). Some people experience reflux symptoms, while others may not have symptoms but are still having what is called silent reflux. Acid/stomach contents may still be migrating up the food pipe but you are not experiencing typical burning sensations. Our goal is to assess if the mechanics of your swallow muscles from your throat to your stomach move appropriately, and if you are experiencing reflux that may put your lungs at risk of injury or rejection.

Your care team might order this as part of your pre-lung transplant testing. This helps the team navigate your care with regards to your medication and diet leading into and immediately after a lung transplant.

This test is scheduled for all lung transplant recipients at **approximately** 3 months post lung transplant as a routine test.

If you **use your myUHN portal access**, after your transplant team schedules your appointment in our clinic, you will receive notifications of your test date/time and instructions. **Please read the instructions at least 1-2 weeks prior to your test.** Your transplant team may or may not instruct you to hold your acid reducing medication for a week prior to this test.

Patient Information for Esophageal Manometry & 24-Hour Ambulatory Study Appointments:

PREPARATION FOR THE TEST

1. Medications: Clarify with your doctor if you need to remain on or off stomach medications at appropriate intervals before your test.

If you are asked to be tested OFF MEDICATION(s) these are the guidelines for each medication type:

- **7 days before** the test to stop PPI'S (e.g. Nexium/ esomeprazole, Losec/omeprazole, Pantoloc/pantoprazole, Prevacid/lansoprazole, Pariet/ Rabeprazole, Tecta/pantoprazole magnesium, Dexilant/Dexlansoprazole)
- **5 days before** the test to stop H₂receptor antagonist (e.g. Zantac/ranitidine, Pepcid/famotidine, Axid/nizatidine, Tagamet/cimetidine)
- **24 hrs before the** test to stop prokinetics (e.g. Domperidone, Motilium)

OR if your team wishes for you to be tested while **ON MEDICATION** in order to test efficacy of the drug(s), you should continue taking all stomach medications.

2. **Do not** eat or drink anything for at least 6 hours before the test. If your test is scheduled in the morning, stop eating or drinking after midnight the night before.
Exception: If you need to take other prescribed medications, you may do so with small sips of water.
3. Please bring a list of all medications you take or have taken in the last month.
4. You may have small sips of water to take your regular medications the morning of the test, such as heart, blood pressure, asthma, and thyroid pills. If you have diabetes, consult your physician.

ONE DAY BEFORE YOUR TESTS

1. Follow the instructions for medications and fasting.
2. You may take Antacids such as Mylanta, Gaviscon, Maalox, Roloids, and Tums until midnight one day before the test.