

## Patient Information for Esophageal Manometry

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**Appointments:** Date: \_\_\_\_\_ Time: \_\_\_\_\_

### PREPARATION FOR THE TEST

1. Medications: Clarify with your doctor if you need to stop stomach medications at appropriate intervals before the test, or if you are to remain on the medication during the test.
  - 24 hrs before the test to stop prokinetics (eg. Domperidone, Motilium)
  - To be tested while **ON MEDICATION** in order to test efficacy of drug(s).
2. You must not have anything to eat or drink for at least 6 hours before the test. (If test is in the morning, fast from midnight. If test in the afternoon, you have a “light” breakfast of juice/tea/toast prior to 8 am.
3. Please bring a list of all medications you take or have taken in the last month.
4. You may have 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.

### THE DAY OF YOUR TEST

- Come to The Toronto General Hospital, 200 Elizabeth St., Toronto, then go up to the 10<sup>th</sup> floor (NU wing) and report to Motility/ Gastro clinic receptionist. He/she will inform the nurse upon your arrival.
- A small tube will be inserted down your nose into your esophagus (food tube) then connected to a small computer. You will then be asked to swallow small quantities of water and the resulting motor activities of the muscles of your esophagus will be assessed. Additional procedures may also be performed, if requested.
- As no sedation is used, you may drive yourself home or take public transit or you can bring along someone.