

## Patient Information for Esophageal Manometry & 24-Hour Ambulatory Study

**Appointments:** Tube in date: \_\_\_\_\_ Time: \_\_\_\_\_  
Tube out 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.
  - 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 (eg. Zantac/ranitidine, Pepcid/famotidine, Axid/nizatidine, Tagamet/cimetidine)
  - 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.

### PRIOR TO THE DAY OF TEST

1. Follow the instructions on the front of the page for medications and fasting.
2. You may take Antacids such as Mylanta, Gaviscon, Maalox, Roloids, and Tums right up until midnight before the test.

### THE DAY OF YOUR TEST

- Come to The Toronto General Hospital, 200 Elizabeth St., Toronto, then go up to the 10th floor and report to Motility/ Clinics receptionists. 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.
- Another small tube will then be passed into your esophagus and connected to a small mobile computer to record the acid in the esophagus for 24 hours. You will be asked to keep a diary of your activities, meals and symptoms.
- As no sedation is used, you may drive yourself home or take public transit or you can bring along someone.
- It is advisable to wear a shirt or blouse that buttons at the front for ease of undressing at bedtime.
- Do not take stomach drugs unless your test was ordered to be done while On Medication. Do not drink alcohol and do not shower or bathe while tube is in.
- It is recommended that the equipment be worn at all times to prevent damage.