

# your Manometry

## For Your Information

*Please read at least 2 days prior to exam.*

Patient Name: \_\_\_\_\_

Physician: \_\_\_\_\_

Exam Date: \_\_\_\_\_

Exam Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_



St. Marys/Dean  
Ventures, Inc.

**Digestive Health Center**

700 S. Park St. • Madison, WI • (608) 229-7575 • (877) 229-7575

## **MANOMETRY**

Manometry is a test that allows your doctor to evaluate how well your esophagus (swallowing tube) is working. More specifically it measures the strength of the muscular contractions, the coordination of the muscles and the strength of the valve at the bottom of the esophagus. This is useful for people who have swallowing difficulties, severe heartburn, unexplained chest pain, or at the request of a surgeon prior to performing a Nissen fundoplication.

This involves passing a soft, narrow tube, usually down through the nose into the stomach. At the bottom of the tube are four pressure sensors about an inch apart. The tube is then slowly pulled back while recording the pressures. The procedure takes approximately 30 minutes.

This is a very safe exam and complications are rare, but can occur. The complications include damage to the esophagus. It is also possible, although uncommon, that an error in diagnosis can be made.

### **Preparing for the Exam:**

You will receive a letter from the Digestive Health Center approximately 2 weeks prior to your exam. Please arrive at the time indicated on your letter.

Manometry takes about 30 minutes to complete, but plan on being at the Digestive Health Center for about an hour.

There are no medications given for this exam, therefore you will be able to drive yourself home. A Digestive Health Center pre-admission nurse will call you a few days prior to your test, between 9 am and 4:30 pm, to obtain a health assessment. You may contact him/her, if you wish, at 1-877-229-7575 or locally at 229-7575. This person will review these instructions and answer any questions you may have.

### **Special Instructions to Follow BEFORE Your Exam:**

1. Do NOT eat or drink anything after midnight for MORNING procedures, with the exception of your AM medications and a small sip of water. For AFTERNOON procedures you may have a clear liquid breakfast (coffee, broth, tea) and then nothing to eat or drink for six hours prior to your appointment.
2. If you are having a pH study on the same day, stop taking your heartburn or stomach medications five (5) days prior to your exam. You will be instructed by the GI physician when to resume your medication. These medications may include Aciphex (rabeprazole), Axid (nizatidine), Nexium (esomeprazole), Pepcid or Pepcid AC (famotidine), Prevacid (lansoprazole), Prilosec (omeprazole), Protonix (pantoprazole), Tagamet (cimetidine), Zantac (ranitidine).
3. If you take insulin or oral diabetes medications, you will need to adjust your dosage. You will not be eating or drinking for most of the day. Please discuss this with your primary doctor. If you develop insulin shock due to low blood sugar, you will need to treat it with orange juice or hard candy immediately. Please contact us if this happens so we can determine if the procedure can still be performed. It may need to be rescheduled.
4. You should take your regular morning medications (except heartburn or stomach medicine) with a small sip of water before 7 AM. If you have an inhaler(s) or nitroglycerin tablets please bring these in with you.

## **DAY OF THE EXAM**

Please arrive at the time indicated on your letter.

Parking is available at the St. Mary's Hospital – Park Street Ramp, found on the corner of Park Street and Erin Street. You will receive a ticket upon entering the ramp, please do not lose this ticket because you will need it to exit the ramp. We suggest you leave it in your automobile. This ramp is for patients & visitors and does require some form of payment to exit. All exits are automated and will accept cash, credit card or patient voucher. The Digestive Health Center will offer each patient a one-time voucher. The Digestive Health Center is located on level 1 of the Dean/St. Mary's Outpatient building, which is connected to the Park Street Ramp.

The receptionist at the center will need your insurance card, including Medicare card if you have one. If your insurance requires a co-pay, you will be asked to pay it when you arrive. Feel free to contact our billing department at (608) 250-1336 or toll free at 1-800-222-5962 before your procedure should you have questions. For Insurance Coverage questions please contact your Insurance Company. Most companies list a phone number on the insurance ID card where you can contact them with questions regarding the policy.

Remember to bring reading glasses if you use them.

Once you are registered, the admission staff will prepare you for your procedure.

## **DURING THE EXAM**

While you are seated, your nose and throat will be numbed with a topical anesthetic. A thin tube will then be passed through your nose into the stomach. You will be asked to swallow to help it pass easily. When it is in place, you will be asked to lie down with your head slightly elevated. The nurse will then partially withdraw the tube slowly. You will also be asked to swallow small amounts of water several times. This is how data is collected to measure esophageal muscle contractions and coordination.

## AFTER THE EXAM

You may resume your normal diet and medications, unless otherwise instructed.

Your throat may be sore for one to two days after the procedure. \*You may want to gargle with warm salt water to relieve some of this discomfort.

You may resume normal activities, including work the same day.

A physician will interpret the data and you will receive a letter with the results after about 10 days.

### CALL THE GASTROENTEROLOGIST IMMEDIATELY IF: (See names and numbers below)

1. You develop a fever over 100° F or develop shaking chills.
2. You develop new, severe, or increasing pain in your abdomen, chest, or neck.
3. You begin to vomit.
4. Your bowel movements are bloody, or turn black or maroon in color.
5. You become light headed or dizzy.
6. You develop shortness of breath or difficulty breathing.

Please do not hesitate to call if you have any of the above, or any questions.

Abigail Christiansen, MD  
Nurse: 824-4619

Bill Ehrhardt, MD  
Nurse: 252-8010

John Foss, MD  
Nurse: 260-6773

John Hamilton, MD  
Nurse: 252-8336

**\*\*\*FOR AFTER HOURS EMERGENCIES, CALL DEAN ON CALL AT  
EITHER 1-800-57-NURSE, OR 250-1393\*\*\***



## Directions

**Driving:** Hwys 18, 12, 14, 151 and Interstate 90 all intersect with the West Beltline Hwy.

- From the **Beltline**, take the **Park Street** exit traveling north. Merge left onto Park Street and then left on **Erin Street**.
- This is the entrance to the St. Mary's campus. Turn at the first left into the parking ramp entrance on Erin St.
- After parking, proceed to the parking ramp elevator to the **1st floor**. The Digestive Health Center is located on the **1st floor** of the Dean/St. Mary's Outpatient Center.



**If you are being dropped off:** Pass the parking ramp entrance on Erin and turn left onto Brooks Street. To the left is a circular driveway in front of the Dean/St. Mary's Outpatient Center with a drop off area. (The driver can then proceed straight ahead into the parking ramp.) You will enter the building and take the elevator to **1st floor**.

