

ESOPHAGEAL MOTILITY STUDY

Preparation for your study:

****NO CAFFEINE 48 HOURS PRIOR TO YOUR TEST**

****MEDICATION RESTRICTIONS**

****NOTHING TO EAT OR DRINK 6 HOURS PRIOR TO TEST**

An esophageal motility study measures the muscular activity of the esophagus during the act of swallowing. The study is performed in the hospital Gastroenterology Suite.

What you should expect on the day of your study.

To start the study one of your nostrils will be numbed using a lubricant. Next a nurse will pass a long tube, a bit smaller than a soda straw, through your nose, into your esophagus, and down to your stomach. Most times the study is easily tolerated. However, you may feel pressure in your nose and have slight gagging as the tube is inserted. Once the tube is in place you will be able to talk and breathe normally. The tube has sensors that measure the muscular activity of the esophagus in response to small sips of water you will be given during the study. The test takes about two hours. Afterward you may resume usual activities, including eating. Your doctor will contact you with the results within 1-2 weeks.

When is esophageal manometry used?

Esophageal manometry is primarily used in three situations. The first is to evaluate the cause of regurgitation of stomach acid and contents into the esophagus. The second is to determine the cause of problems with swallowing food. The third is when there is chest pain that may be coming from the esophagus.

How is the study used?

When you swallow a wave of muscular contraction start behind the food propelling it down the esophagus and into your stomach. At the upper and lower ends of your esophagus are two short areas of specialized muscle, esophageal sphincters. At rest these muscles are active and produce pressure that keeps anything from passing through them. This prevents material in the esophagus from coming up into your throat and keeps stomach acid and its contents from getting into the esophagus. When you swallow the muscles relax for a few seconds to allow the food to pass.

The study can often identify weakness in the lower sphincter that would allow stomach acid and contents into the esophagus

The abnormal function of esophageal muscle may also cause severe chest pain. This pain may occur if the muscle goes into spasm or contracts too strongly. In either case the study can identify these abnormalities.

Possible side effects you might have.

The side effects to this study are minor and include sore throat, nosebleed, and uncommonly, sinus problems.