

INFORMATION FOR PATIENTS

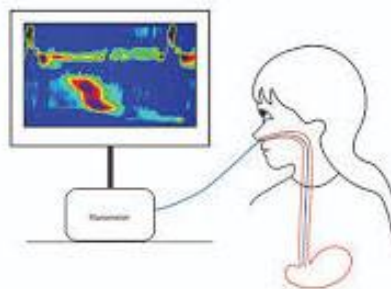
Oesophageal manometry

The contents of this information sheet aim:

- To inform and involve you in your care.
- To explain what happens on the day of the test.
- To answer questions, you may have about the test.

Your consultant or clinician has requested that you have a manometry test which will help find the cause of your symptoms. This test is not generally painful and should not cause you any discomfort afterwards. We do understand that you may have concerns about having this type of test and we would like to reassure you that they are conducted in a quiet private room. A clinical scientist or endoscopy nurse will be conducting the test. They will ensure your comfort is maintained at all times.

The oesophagus (food pipe) connects your throat to your stomach. Each time you swallow the valve in your throat should relax to allow food through. The muscles in your oesophagus contract, pushing your food down, through another valve located at the opening of the stomach. This valve will then close to prevent food and stomach acid flowing back into your oesophagus. Problems with the way the valves relax or with the action of the muscles of the oesophagus may cause symptoms such as difficulty swallowing, heartburn and chest pain.



What is oesophageal manometry?

Oesophageal manometry is a test that allows the clinical scientist or endoscopy nurse to assess how well the muscles in your oesophagus work when you swallow and to check the relaxation of the valves at the top and bottom of your oesophagus. The results of the test will help your consultant decide what treatment is best for you.

The instrument used to carry out the test is called a manometry catheter and is a tube about the thickness of a straw. The catheter has many sensors all down its length which measure how well the muscles of the oesophagus contract.

The results can then be displayed on a computer screen which helps illustrate why you may be getting your symptoms.

You may be given a small amount of local anaesthetic spray in your nose and the back of your throat before the test. The catheter is then gently passed into your nose, and you will drink water through a straw to help the tube pass into your stomach. You will then be given measured amounts of water and biscuit to swallow and measurements are recorded.

Why do I need the tests?

The tests will give information to your doctor about how well the gullet contracts to move good and fluid down, and how much acid is coming back up, so he/she is able to decide the best treatment to your condition.

What are the risks of having the tests?

As with all procedures there may be risks. In some people the tests may cause dizziness or fainting, there is also a very small risk of perforation and bleeding of the oesophagus. As your consultant will usually have carried out an examination, such as gastroscopy, before he or she decides to send you for these tests, they confirm that there is no increased risk to you from having to undergo these further tests. Therefore, the overall risk is considered to be low.

What are the alternatives?

These tests are considered gold standard tests. A barium examination is another test which may give some of the information which relates to your condition, but this test is considered the best way of confirming that your symptoms relate to your oesophagus.

Before the tests

It is very important that you follow the medication cessation guidance below prior to your appointment.

It is important that you do not eat or drink for at least six hours before your test.

You would usually have had a gastroscopy or a barium swallow prior to this appointment. If you have not had a gastroscopy or it is over 12 months since your last, would you please ring **01623 622515, extension 4603** as we will have to speak to your consultant and may need to rearrange your appointment.

You will be asked to read a consent form before you have the test. If you are happy with the information given to you and fully understand the tests you may sign the form. However, you may want to ask further questions and the person conducting your test will be happy to answer them before you sign.

You cannot be sedated for the tests, so it will not be necessary for a friend or relative to accompany you, unless you have a condition which requires that you travel accompanied. If you do bring friends or relatives they will be asked to stay in nearby waiting areas.

Where do I go?

Please check in at the reception desk in the Endoscopy department. The receptionist will then be able to mark you as arrived for your appointment and direct you to the most appropriate waiting area. When it is time for your appointment you will be taken into a private room where the member of staff will discuss the tests with you.

Can I bring my children with me?

Unfortunately, it is not appropriate to bring children under the age of 16 into this area without appropriate adult supervision. Adult supervision should be provided by someone other than the patient as children will not be allowed to accompany the patient into the clinical rooms. Failure to ensure that you have arranged appropriate childcare may result in the cancellation of your procedure as staff in the department are unable to care for your child/ children during your investigations. If this is likely to cause you any significant difficulties we kindly ask that you contact the department to arrange a more convenient appointment time or discuss your needs with the team.

What should I expect?

We will explain the tests in full and will ask you to sign a consent form. We must seek your consent for any procedure or treatment beforehand.

Staff will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

You will be asked to sit upright on a couch, and we will usually spray local anaesthetic into your nostril and the back of your mouth.

For the manometry, we will put 5ml of water from a syringe into your mouth to swallow and this will be repeated at least ten times. During this time the action of the oesophagus is displayed in detail on a computer screen. We may also ask you to perform some biscuit swallows (please bring along your own biscuits should you have any food sensitivities/intolerances).

The tests usually take about 45 minutes from start to finish, although you should expect to be in the department for up to one hour.

What happens after the tests?

You may go home straight after the test.

Your results will be passed on to the consultant who referred you. If you have not already been given an appointment to see your consultant, then you will usually be contacted in due course.

Manometry medication cessation guidance

To ensure that your tests are performed accurately it is very important to check from the list of tablets below and follow the instructions on when to stop them;

If you are taking any medication for pain, sickness, and/or dizziness you should stop these **two days** before your appointment. For example:

- **Stemetil (prochlorperazine)**
- **Motilium (domperidone)**
- **Maxolon/Gastrobid (metoclopramide)**
- **Morphine**
- **Codeine**
- **Co-codomol (Zapain)**
- **Tramadol.**

Ideally you should stop any blood pressure medication 48 hours prior to the test. However, it should only be stopped if you are taking it for uncomplicated high blood pressure. If you have any other underlying or associated health problems for example (but not exhaustive) heart problems, kidney disease, risk of stroke or are unsure in any way please contact the clinic for advice.

Please be aware that if you have not stopped taking any of the medications as required above then we may not be able to proceed with your test, and you may be asked to rebook your appointment.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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