NEW YORK GASTROENTEROLOGY ASSOCIATES

Esophageal Manometry Instructions

This test will measure the strength and function of your esophageal swallowing muscles and the sphincter muscles forming the barrier between your esophagus and your stomach. It is commonly performed to evaluate acid reflux symptoms or disorders of swallowing. A thin, flexible catheter will be passed into your esophagus through your nose, and you will be asked to swallow small amounts of water. Most people experience very little discomfort during the test. The test usually lasts less than forty-five minutes.

Do not eat or drink anything for at least four (4) hours before the test unless instructed otherwise. You may take all your regular medications with a little water. You can brush your teeth.

Please ask your doctor to send the results of relevant studies (endoscopy, upper GI series, etc.) to our office before the test.

If you are also scheduled to have a 24-hour pH study for acid reflux disease the same day, please call the office to discuss whether or not you should continue your anti-acid medications before the test.

If you need to reschedule or cancel the manometry, please call the office at 212-535-1845. Failure to do so with at least seventy-two business hours' notice will results in a "no-show" fee of $250.

Please have any necessary referral(s) from your primary are doctor, or the procedure may be cancelled.