

Centre for Swallowing & Oesophageal Disorders

Patient Information – Oesophageal Manometry

1. What is oesophageal manometry

The oesophagus (gullet or food pipe) is the muscular tube that propels food from the mouth into the stomach. If your oesophagus does not work correctly, you may experience difficulty swallowing, regurgitation of food, or discomfort. Oesophageal manometry (pressure measurement) involves passage of a tube with pressure sensors into your oesophagus to investigate how it moves, contracts and relaxes (oesophageal motility).

2. Are there any risks?

While having the tube inserted may feel uncomfortable or strange, there are no risks or adverse effects from the procedure. It cannot cause you any harm.

3. Preparation for the test

- Do not eat or drink anything (except for water) for at least 4 hours before the procedure.
- STOP taking the following medications 2 days before the test:
 - Metoclopramide (Maxalon)
 - Domperidone (Motilium)
 - Ondansetron (Zofran)
 - Buscopan

You should take all of your other regular medications with water as usual.

4. What happens during the test?

While sitting comfortably, you will receive some local anaesthetic spray in the nose. Then, a thin tube (manometry catheter) will be passed through your nose, into your oesophagus, and down to your stomach. As the tube goes down, it may cause your eyes to water and you may retch and cough but the procedure is not painful and once the tube is in place you will feel better. Your breathing is not affected. You will then be asked to swallow some water, and then rice, so that the movement of your oesophagus can be recorded with both solids and liquids. Normally, this takes no more than 15-20 minutes. The tube is then removed quickly and easily.

5. After the test

You will not be sedated and are free to travel home unaccompanied and continue with your normal activities. A report will be prepared and sent to your referring doctor.

6. Where to attend

The test will be performed at the Gastroenterology Department, St Vincent's Hospital on Level 2, Xavier building. After coming out of the lifts on level 2, turn right and walk near to the end of the corridor where you will see the department entrance (second last door on right).

7. More information

If you have any further questions, contact the Gastroenterology Department at St Vincent's Hospital (SVHS.Gastro@svha.org.au).