

Esophageal Motility Test (Manometry Test)

Date of procedure: _____

Arrival time: _____

Time of procedure: _____

Important

A business clerk will call to remind you about your procedure at least 2 weeks before the date.

You must confirm the date of your procedure at least 10 days before or your procedure will be cancelled and your referring doctor will be notified.

This can be done during the reminder call or by calling 905-521-2100, ext. 73265.

Where to go

GI Motility Lab (in Endoscopy)
Room 4X24
McMaster University Medical Centre
1200 Main Street West
Hamilton, Ontario

Phone: 905-521-2100
Bookings – ext. 73265
Lab – ext. 76691

When you arrive at the hospital, check in at Patient Registration on the Main floor (2nd floor).

Take the yellow elevators to the 4th floor. Turn left and follow the hallway to the 4X area on the left. Follow the signs to Endoscopy. Register at the Endoscopy reception desk.

Please bring:

- your health card
- a list of your current medications

How long does the procedure take?

The procedure takes about 30 to 45 minutes.

If you are also having a pH test done, it can take up to 90 minutes.

What is an esophageal motility test?

An esophageal motility test measures how well your esophagus or food tube works. It measures pressures with swallows.

A small flexible tube will be put through your nose and down into your stomach. An esophageal motility test feels uncomfortable but is not painful.

You will not receive sedation, so you will be able to drive yourself home after the test. You may have a local anesthetic spray into your nose.

You may also have a 24 hours pH test booked the same day. If so, at the end of the test, the motility tube will be removed and another small tube put down your nose, attached to a small computer that is slightly larger than a large cell phone. This tube will measure acid reflux (bitter tasting liquid that comes up from your stomach into your esophagus and mouth) during the next 24 hours.

You will be given instructions on the button, what it is for and when to press it. You will come back the next day and have the tube removed.

What are the risks?

Complications are rare:

- discomfort in the nose or back of the throat, nosebleed, runny nose or nausea during the insertion of the tube (these symptoms should settle down quickly)
- esophageal tear (perforation) is very rare

Before you come to the hospital

Do not eat or drink anything for at least 6 hours before the test.

If the test is in the morning, do not eat or drink after midnight before your test. If the test is in the afternoon, you may have a light breakfast (such as juice, coffee/tea and toast) before 8:00 am.

Medications

There are some medications that affect your esophagus or stomach and you may need to stop taking them before your test.

Please check with your referring doctor before you stop taking any medications as you may need to continue taking certain ones.

Doctors will check off your instructions below:

STOP	Medication	When
<input type="checkbox"/>	Losec/Omeprazole, Pantoloc, Prevacid/lansoprazole, Nexium, Pariet/Rabeprazole, Tecta, Dexilant	7 days before your test
<input type="checkbox"/>	Zantac/Ranitidine, Pepcid/Famotidine, Axid/nizatidine, Tagmet/Cimetidine	5 days before your test
<input type="checkbox"/>	Domperidone, Motilium, Prucalpride	24 hours before your test
<input type="checkbox"/>	Antacids such as Gavison, Maalox and Tums	Midnight before your test

STAY on your current medications	
<input type="checkbox"/>	Take your medications (such as heart, blood pressure, asthma, thyroid) the day of the test with a sip of water.

If you take insulin, talk to your doctor.

Your doctor will discuss your medication with you.

Special instructions

If you have diabetes, check your blood sugar as usual and bring the results with you to the hospital. You may need to have your blood sugar checked at the hospital.

After your procedure

You will be able to eat and drink normally after your procedure.

If you have any questions, call the Motility Lab
at 905-521-2100, ext. 76691.