Your Esophageal Manometry & 24-Hour pH-Impedance Test will be performed by a nurse at the selected location listed below:

**UCLA Medical Center**
100 UCLA Medical Plaza #205
Los Angeles, CA 90095
Date _______________________________
Time _______________________________
(Please check in 15 minutes before procedure time)

Questions? 310-825-7540

Visit us at uclahealth.org/gastro/motility
IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:

7 DAYS BEFORE YOUR TEST STOP TAKING
- **Proton pump inhibitors** - This includes, but is not limited to rabeprazole (Aciphex), omeprazole (Prilosec), lansoprazole (Prevacid), dexlansoprazole (Dexilant), esomeprazole (Nexium), pantoprazole (Protonix).

2 DAYS BEFORE YOUR TEST STOP TAKING
- **Histamine2 blockers** - This includes, but is not limited to famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac), nizatidine (Axid).

1 DAY BEFORE YOUR TEST STOP TAKING
- **Antacids** - This includes, but is not limited to Maalox, Mylanta, Rolaids, TUMS.

- **THE NIGHT BEFORE YOUR TEST** do not eat or drink anything after midnight. You might want to shower or bathe because you will not be able to do so during the test. The pH recorder must not get wet.

- **THE MORNING OF YOUR TEST** take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with a small amount of water. (Remember to continue to hold the medications mentioned above for the remainder of the study.) Also, please wear a loose fitting top or button-down shirt.

- **THE DAY AFTER YOUR APPOINTMENT** return the equipment to the office where your test was performed.
WHAT IS AN ESOPHAGEAL MANOMETRY AND WHAT CAN I EXPECT DURING THE TEST?

The esophagus is a long, muscular tube that connects the throat to the stomach. It contracts with swallowing to push food from the throat to the stomach. Esophageal manometry is a test that evaluates how well the esophagus works, by measuring pressures produced by muscle contraction in response to swallowing. It is used to evaluate swallowing problems not caused by mechanical obstruction of the esophagus, chest pain not related to the heart, for preoperative evaluation to make sure the esophagus functions well enough to do anti-reflux surgery, and to assure correct placement of an esophageal pH catheter.

The test is accomplished with a thin, flexible catheter that has up to 36 pressure sensors spaced at 1 cm intervals along its length. It is attached to a computer and video monitor that display and store pressure information coming from the sensors. The test is performed by specially trained and experienced motility nurses while you are awake, so you may participate. After the nasal passage is numbed by an anesthetic gel, the catheter is passed into the nose and swallowed into the esophagus by drinking water. It is placed so pressure sensors are positioned from the throat to the stomach. Esophageal function is evaluated by giving you small amounts of liquid, a jello-like material, and sometimes solid food to swallow. The catheter is removed at completion of the study, and the data are stored on a computer for analysis. The whole process takes about 30 minutes. Once this has been completed, you may drive yourself home and go about your normal activities. The test is interpreted by gastroenterologists who are experts in esophageal diseases.

WHAT IS A 24-HOUR pH-IMPEDANCE STUDY AND WHAT CAN I EXPECT DURING THE TEST?

It is a catheter-based test that measures the amount of acid and non-acid reflux from the stomach into the esophagus over a 24-hour time period. It also determines if symptoms are correlated with acid reflux episodes. Esophageal manometry is done beforehand to determine the positioning of the catheter in the esophagus. The manometry may be done the same day or in advance.

The test is performed by specially trained and experienced motility nurses. The nurse will insert a very thin catheter with sensors into one of your nostrils. It is about the thickness of a cellphone charging cord. The catheter is passed into the nose and swallowed into the esophagus by drinking water. The catheter is attached to a recording device that you will keep near you for 24 hours. You will be given instructions on how to record your symptoms during the test. At the end of the study the catheter is removed from your nose and the data are loaded on a computer for analysis. The test is interpreted by gastroenterologists who are experts in esophageal disorders.