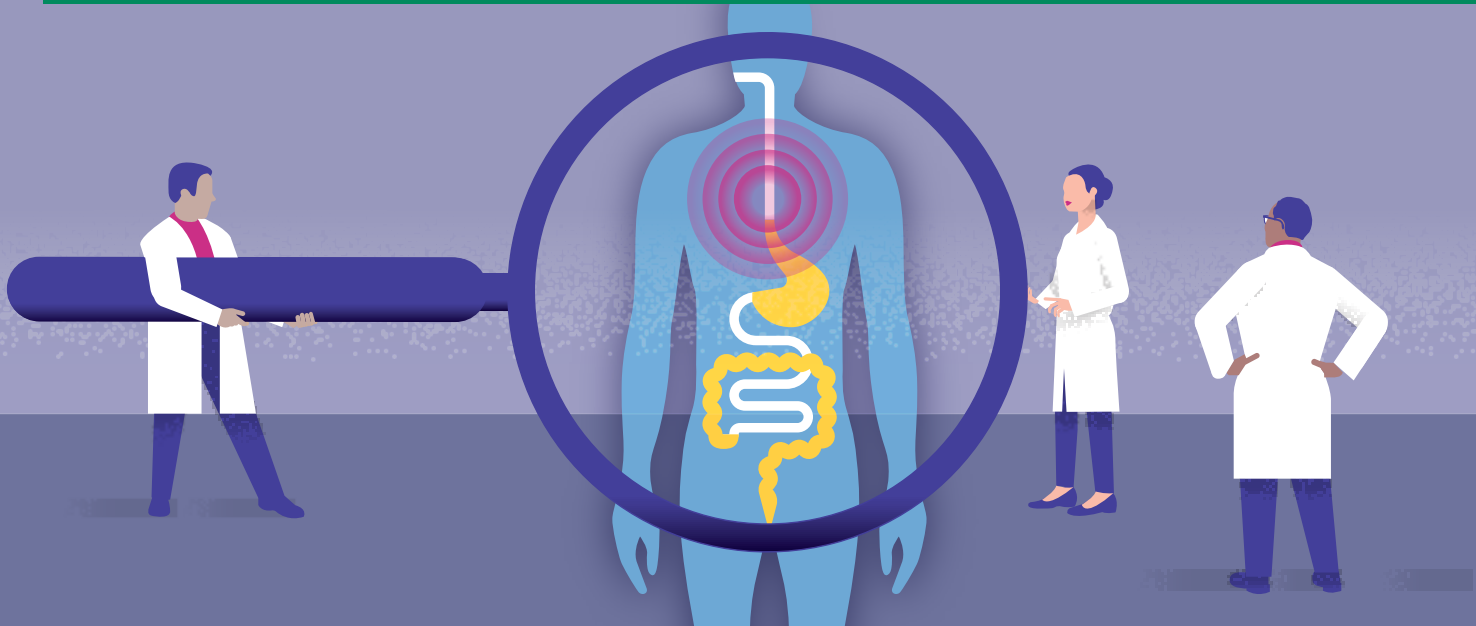


# Esophageal Manometry with Catheter Placement During EGD



## What is an upper endoscopy and what can I expect during the procedure?

An upper endoscopy, also known as an esophagogastroduodenoscopy (EGD), is a procedure that allows your doctor to examine the inside of your upper gastrointestinal (GI) tract: the esophagus (swallowing tube), stomach, and the duodenum (first portion of the small intestine). During the procedure, an endoscope, which is a long, flexible tube with a light and camera at the end is used to view the inside of your upper GI tract. During the endoscopy, the manometry catheter will be placed in the esophagus down the back of the throat to the stomach. You will be given sedation or anesthesia during this test. The upper endoscopy usually takes 10-15 minutes to complete.

## What is esophageal manometry and what can I expect during the procedure?

After your EGD is completed and you are awake, the esophageal manometry test is done by a nurse. The catheter that was placed in the esophagus during the EGD is a thin, flexible catheter that has pressure sensors along its length. A nurse will connect it to a computer that displays and stores pressure information coming from the sensors. 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 the end of the study, and the data are stored on a computer for analysis by gastroenterologists who are experts in esophageal diseases. The procedure takes about 30 minutes.



**LOCATION** Your upper endoscopy and manometry test will be performed at the location listed below.

- UCLA Medical Center**  
**200 UCLA Medical Plaza #320**  
Los Angeles, CA 90095  
Date \_\_\_\_\_  
Time \_\_\_\_\_  
(Please check in 1 hour before procedure time)

# How do I prepare for an upper endoscopy with esophageal manometry?



- DISCUSS MEDICATIONS** and **HEALTH CONDITIONS** you have with your doctor.

You will require special instructions regarding these medications:

- Anticoagulants/Blood thinners
- Antiplatelet medications such as Plavix
- Blood pressure medications
- If you are instructed to do so, stop taking all iron, aspirin, and non-steroidal anti-inflammatory (NSAID) medications, such as Motrin, Ibuprofen, and Advil.

Notify your doctor if you have these health conditions:

- Heart murmurs
- Previous heart valve surgery
- Bleeding disorders



- SCHEDULE** your upper endoscopy with esophageal manometry. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your procedure. Note: The PCC might also call you to schedule the procedure.



- ARRANGE** for a friend, family member or medical transport to drive you home after the test, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.



- NIGHT BEFORE** your procedure, **do not eat solid foods** after 12:00 am (midnight). **Do not take any medications** after midnight unless your doctor has specifically asked that you take them (i.e. blood pressure medications). You may **only drink clear liquids** after midnight. Clear liquids consist only of liquids that you would be able to read a newspaper through.

#### **CLEAR LIQUIDS INCLUDE:**

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

Do not consume any red-, purple-, or orange-colored liquids.



- 4 HOURS BEFORE** your procedure, **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS. This means that you should not have anything to eat or drink 4 hours before your upper endoscopy and onward.**

## **AFTER YOUR ESOPHAGEAL MANOMETRY**

You will be able to leave with your driver/escort. Once home, you may resume your usual diet and medications unless otherwise directed by your physician.