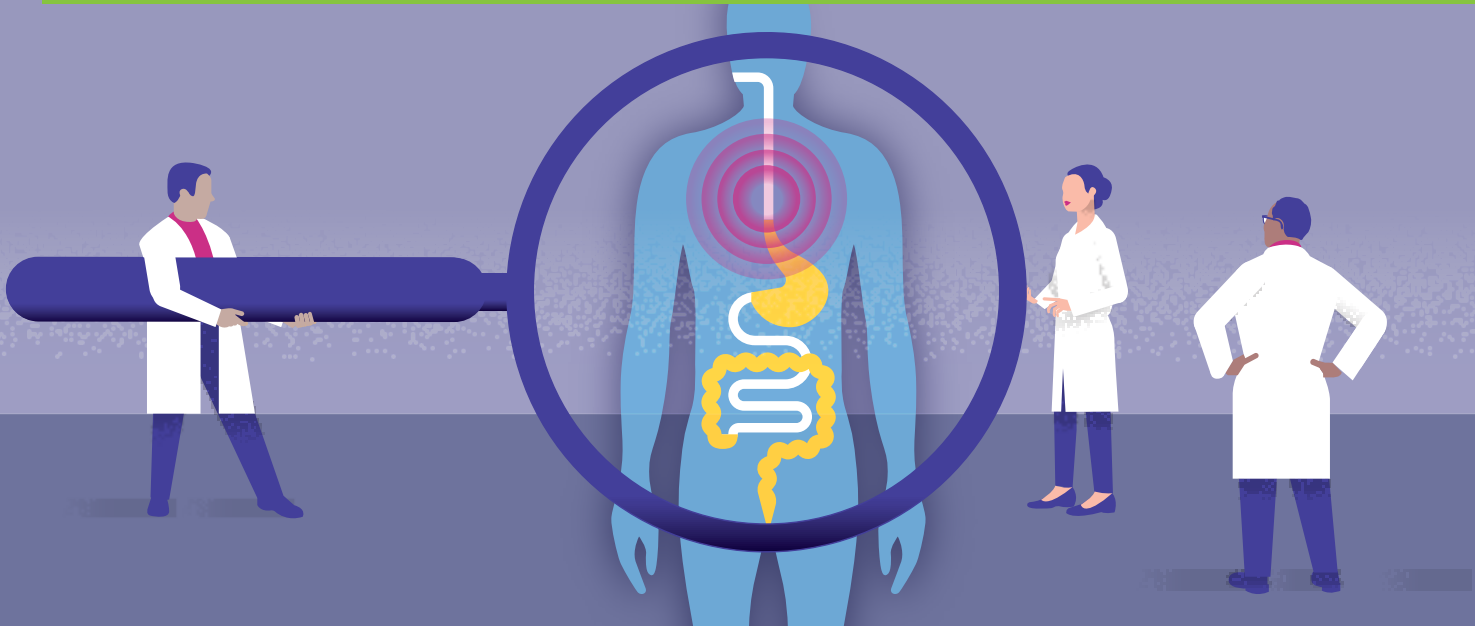


Esophageal Manometry Test Preparation Instructions



- DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:
 - If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
 - Take scheduled medications at least 2 hours prior to your test with a small amount of water.



- SCHEDULE** your esophageal manometry. Please call our **Patient Communication Center (PCC)** at **310-825-7540** to schedule your esophageal manometry, if it was not scheduled for you at your clinic appointment. Note: The PCC may also call you to schedule the procedure.



LOCATION Your esophageal manometry test will be performed by a nurse at the location listed:

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



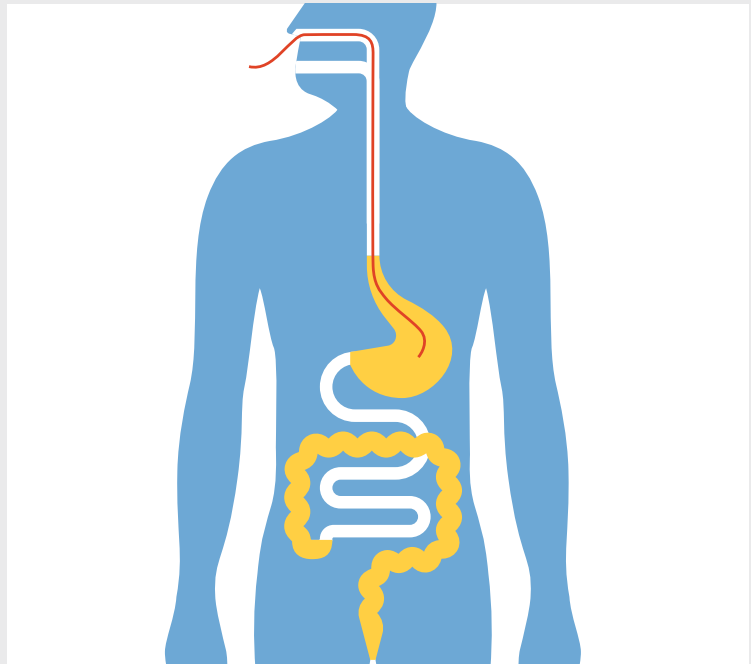
THE NIGHT BEFORE YOUR TEST do not eat or drink anything after midnight.



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.

WHAT IS 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 that you can 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 usual activities. The test is interpreted by gastroenterologists who are experts in esophageal diseases.