

# Oesophageal manometry test and 24 hour pH study

## Information for patients

This sheet answers common questions about your oesophageal manometry test and 24 hour pH study. If you would like further information, or have any particular worries, please do not hesitate to ask your nurse or doctor. In all cases, a doctor will explain the tests to you and answer any questions you may have.

Please feel free to bring a friend or family member with you who can stay with you throughout the procedure if you so wish.

### What is oesophageal manometry?

This is the measurement of muscle strength within the oesophagus, which can give your doctor or nurse information about your swallowing reflex, and the strength and function of the oesophageal sphincter.

### What is 24-hour pH monitoring?

This is a way of recording the amount and severity of acid reflux into the oesophagus over 24 hours.

### What preparation is required?

#### 5 days before the test

- Do not take any of the following medications:
  - Omeprazole (Losec®)
  - Lansoprazole (Zoton®)
  - Esomeprazole (Nexium®)
  - Rabeprazole (Pariet®)
  - Pantoprazole (Protium®)

#### 48 hours before the test

- Do not take any of the following medications:
  - Ranitidine (Zantac®)
  - Cimetidine (Tagamet®)
  - Gaviscon®
  - Metoclopramide (Maxolon®)
  - Cisapride (Prepulsid®)
  - Domperidone
  - Famotidine (Pepcid®)
  - Nizatidine (Axid®)

- If you are taking anti-acid medication not listed above, please call the Louise Ryan Unit to check whether you should stop them.

**6 hours before the test**

- Do not have anything to eat or drink

**Please bring a list of your current medications with you to your appointment**

### **How is it performed?**

A nurse practitioner will perform the investigations. They will first take a history of your symptoms and health concern, and then explain the procedure in detail. You will be asked to provide written consent for this procedure. Please feel free to ask any questions or ask for further clarification from the health care professional carrying out the test.

Your nose and throat will be numbed with some nasal drops to minimize any discomfort, and a thin flexible tube will then be passed through the nose into the stomach. You will be able to breathe, swallow and talk with the tube in position. During the course of the test, you will need to lie down on a couch and will be given 5ml of water to swallow every 30 seconds.

You may also be given food (rice or bread) if you have problems swallowing. You may have to bring your own food that causes the problem when you are swallowing if it is not rice or bread. If possible, please do not talk or swallow unless requested to do so. The pressure changes in the oesophagus are recorded on a computer, and these will be analysed and reported on afterwards.

For the 24 hour pH test, a different tube will be inserted in the same way as before. It is connected to a recorder that you will need to wear around your waist. You will be asked to press certain buttons on the recorder in order to record meal times, sleep periods and episodes of the symptoms you've been experiencing. You will also be asked to keep a written diary about your meals. It is important that you continue your normal daily activities as much as possible, in order for us to get a realistic picture of your acid reflux pattern.

You will need to return to the Louise Ryan Unit the next day to have the tube removed. The recorded data will then be analysed on a computer.

During the 24 hour study you will be able to follow your normal diet and daily routine. However, we ask you to refrain from taking the following:

- acidic drinks, eg fruit juices
- chocolate
- fizzy drinks eg coke, lemonade
- chewing gum
- alcohol
- sucking sweets
- coffee

You may drink as much tea, milk and water as you like. You will be provided with a 'patient diary' to record what you have eaten and drunk. If possible, do not use more than two pillows when you go to sleep.

It will not be possible for you to have a shower during the 24 hour period. Instead, please use a flannel to wash or you can have a bath, although you must be very careful not to wet the equipment. A member of staff will provide you with further guidance. The whole test will take approximately one hour. You will not be sedated, and can therefore resume your normal activities after the test. You will be fit to drive, but should not eat for 1 hour after the test.

### **Are there any risks/side effects?**

Complications arising from these tests are very rare. They tube may be inserted into the trachea (wind-pipe) by mistake, but this will be immediately rectified by withdrawing it. Perforation is also a possibility, but extremely rare.

The majority of patients do not experience any side effects. However, some patients may find that their throat is sore for a few hours afterwards. If you suffer from sinusitis, the procedure may induce a flare-up.

### **Where is the test carried out?**

Please arrive at the Louise Ryan Unit on the lower ground floor of the Royal Free Hospital at the date and time specified in your appointment letter. We aim to see patients on time, and therefore if you are more than 15 minutes late we may not be able to proceed with your test.

Your referring doctor will have the results of the tests within 5-10 working days. If you do not have a follow-up appointment, please let us know.

### **Attendance policy**

If you are unable to attend, please contact us as soon as possible on 020 7830 2923. If you fail to attend without giving advance notice, a further appointment will not be issued and your doctor will be informed of your non-attendance.

### **Non-emergency hospital transport**

If you need transport for medical reasons, please ring 0333 240 4909, and you will be assessed for suitability. Visit our website for more information: <https://bit.ly/2MuFxBT>

## Contact information

If you would like further information about this test, please contact us and a member of staff in unit will be happy to answer any questions you have:

- Phone: 020 7830 2923
- Fax: 020 7472 6842
- Email: [rfh-tr.RFH-LouiseRyanUnit@nhs.net](mailto:rfh-tr.RFH-LouiseRyanUnit@nhs.net)

For more information about the Louise Ryan Unit, visit our website: <https://bit.ly/2AY6Wgc>

## Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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