

Oesophageal manometry and 24 hour pH/impedance study

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.

How is it performed?

A nurse will perform the investigations. They will first of all take a history of your complaint, and then explain the procedure in detail. Your written consent is required. 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 minimise 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 may be asked to take deep breaths or swallow water 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 probe will be inserted in the same way as before. It is connected to a recording device called a Digitrapper that you wear around your waist. You will be asked to press certain buttons on the Digitrapper in order to record meal times, sleep periods and episodes of chest pain or heartburn. You will also be asked to keep a written diary regarding your meals. It is important that you continue about your daily activities as much as possible in order to get a realistic picture of your reflux pattern.

You should not get the Digitrapper wet as this could interrupt or terminate the study. This means no showers. You will need to return to the unit the next day to have the probe removed. The recorded data will then be analysed on a computer.

The whole test will take approximately one hour. You will not be sedated and can therefore resume your normal activities after the test. You may drive and resume eating and drinking.

What preparation is required?

Please do not have anything to eat or drink for six hours before the test. If you take any of the following medicines, please refrain from taking them for the specified time before the test.

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| Do not take for five days prior to the test | Omeprazole (Losec) Lansoprazole (Zoton) Rabeprazole (Pariet) | Pantoprazole (Protium) Esomeprazole (Nexium) |
| Do not take for 48 hours prior to the test | Ranitidine (Zantac) Gaviscon Maxalon (Metoclopramide) Domperidone | Cimetidine (Tagamet) Axid (Nizatidine) Cisapride (Prepulsid) Pepcid (Famotidine) |

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:

- Acid drinks, eg fruit juices
- Fizzy drinks, eg coke, lemonade
- Alcohol
- Coffee
- Chocolate
- Chewing gum
- Boiled sweets

You may drink as much tea, milk and water as you like. You will be provided with a sheet in which to record what you have eaten and drunk. In order to standardize the test, you will need to lie down for at least six hours at night. If possible, do not use more than two pillows during this period. It will not be possible for you to have a shower during the 24 hour period, however you can have a bath, although you must be very careful not to wet the equipment.

Where is the test carried out?

Please report to the Louise Ryan Unit on the lower ground floor 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. The result of the test will be sent to the referring consultant who will make a decision about the need for further treatment. This will be communicated to you either by letter, telephone appointment or clinic appointment.

Attendance policy

If you are unable to attend, please contact us as soon as possible (see number below). If you fail to attend without giving advance notice, a further appointment may not be issued and your doctor will be informed of your non-attendance.

Hospital transport

If you need transport for medical reasons please ring 020 7510 4228 and you will be assessed for suitability.

Further information

Oesophageal manometry testing is carried out in the Louise Ryan Unit. If you would like to speak to someone personally, please contact us on 020 7830 2923 and the staff in the unit will be happy to 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.