

## **Esophageal Manometry with 24-Hour Reflux Testing**

**IMPORTANT: To be well prepared for this test, please read these instructions FOUR WEEKS before your esophageal manometry and 24 Hour Reflux Study.**

The GI Motility Lab staff will call you before your appointment to review your test information. This test will show your doctor how well the muscles in the esophagus (“food tube” or “swallowing tube”) work. A small tube will pass through your nose until it reaches your stomach. A nurse will place numbing medication in your nose and the back of your throat before placing the catheter. The catheter measures pressures in the esophagus while you swallow small sips of water. The test lasts approximately 15 minutes. The catheter is then removed.

After completing the esophageal manometry test, a second catheter is placed into your esophagus. This catheter will be attached to a recording monitor. You will go home with the catheter in place and a recording device. Once the catheter is positioned, you can leave the clinic. You can restart your normal activities and eat your regular diet. The following day you will return to the GI Motility Lab. The nurse will remove the catheter and recording equipment.

**It is very important to ask your ordering provider if you should stop or continue your acid-blocking medications.**

- If instructed to continue your acid-reducing medications – continue taking these medications as usual.
- Please review the instructions below if instructed to complete the testing off acid-reducing medications.

### **Diabetic Medication Information:**

- If you take Insulin – Call your prescribing provider for dose instructions for fasting before and during the testing.
- Oral Diabetic medicine (sugar pill) – Do not take these medications on the day of your test.

### **TWO (2) to FOUR (4) WEEKS BEFORE TEST:**

Some medicines may need to be stopped for the best test results. If you take any of the medicines listed below, please call your prescribing provider and ask if stopping the medicine(s) before your manometry test is safe.

**Note: Do NOT immediately stop Tricyclic antidepressants! These medications need to be tapered over 2 to 4 weeks.**

### **THE DAY OF YOUR TEST:**

Do not eat or drink anything six (6) hours before your test.

Wear loose, comfortable clothing.

Do not wear dresses or one-piece outfits.

You will not receive sedation for this test. You do not need a driver.

Please arrive 30 minutes before your appointment time to check-in.

### **THE DAY OF YOUR TEST:**

Diabetic Medications: Do not take your diabetes pills before the test.

Call your prescribing provider for INSULIN dose instructions during fasting before and during the test.

**Call Duke GI if you have an appointment or procedure question (919) 684-6437**

<b>TWO (2) to FOUR (4) WEEKS BEFORE YOUR TEST:</b>	Certain medicines may need to be stopped for the best results. If you take any of the medicines listed below, please call your provider who prescribes them and ask if it is <b>SAFE FOR YOU</b> to stop the medicine(s) the day before your manometry test.
<b>FIVE (5) DAYS BEFORE YOUR TEST</b>  Stop if instructed by your ordering provider	<b>PPIs (Proton Pump Inhibitors – Acid Reflux Reducer):</b> Aciphex (rabeprazole) Dexilant (dexlansoprazole) Nexium (esomeprazole) Prevacid (lansoprazole) Prilosec (omeprazole) Protonix (pantoprazole)
<b>ONE (1) DAY BEFORE YOUR TEST</b>  Stop if instructed by your ordering provider	<b>H2 (Acid Reflux Reducer) Blockers:</b> Axid (nizatidine) Pepcid (famotidine) Tagamet (cimetidine) Zantac (ranitidine)  <b>Tri-Cyclic Antidepressants REQUIRE 2 to 4 WEEKS TAPER</b> Elavil (amitriptyline) Tofranil (imipramine) Norpramin (desipramine)  <b>Pro-Motility Agents – “speed up” the GI system</b> Reglan (metoclopramide) Urecholine (bethanechol) Erythromycin Motilium (domperidone) Zelnorm (tegaserod)
<b>ONE (1) DAY BEFORE YOUR TEST</b>  May be Stopped if approved by your provider	<b>Calcium Channel Blockers – heart/blood pressure medicine</b> Norvasc (amlodipine) Cardizem/Cartia (diltiazem) Adalat/Afeditab/Procardia/Nifediac (nifedipine) Calan/Covera/Isoptin/Verelan (verapamil)  <b>Nitrates – heart/blood pressure medicine</b> Isordil (isosorbide dinitrate) Imdur (isosorbide mononitrate) Nitro-Dur patch/Nitropaste/Nitrostat (nitroglycerin) <b>Narcotic Pain Medications</b> Codeine Cough medicines containing codeine Duragesic Patch Fentanyl Transdermal Patch Dilaudid (hydromorphone) Demerol (meperidine) Avinza/Kadian/Morphine Sulphate/MS Contin (morphine) Percocet/Oxycontin/Roxicodone (oxycodone)

<p><b>ONE (1) DAY BEFORE YOUR TEST</b></p> <p>May be Stopped if approved by your provider</p>	<p><b>Benzodiazepine Sedatives</b> Ativan (lorazepam) Librax (chlordiazepoxide/clidinium Valium (diazepam)</p>
<p><b>THE DAY OF YOUR TEST</b></p>	<p>Do not eat or drink anything six (6) hours before your test. Wear loose, comfortable clothing. Do not wear dresses or one-piece outfits. You will not receive sedation for this test. You do not need a driver. Please arrive 30 minutes before your appointment time to check-in.</p> <p><b>Diabetic Medications:</b> Do not take your diabetes <b>pills</b> before the test. Call your prescribing provider for <b>INSULIN</b> dose instructions during fasting before and during the test.</p>
<p><b>ONE DAY AFTER YOUR TEST</b></p>	<p>Return to the clinic at your scheduled appointment time. The nurse will remove the testing catheter and recording equipment.</p>

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