

Esophageal Manometry and 24-Hour pH Impedance Reflux Monitoring (off PPI)

The **esophageal manometry test** (also called an esophageal motility test) measures the muscle function of the esophagus. This test is used to evaluate symptoms including difficulty swallowing, the sensation of food getting stuck while swallowing, or significant chest pain. The procedure is also done prior to surgery for severe reflux of acid into the esophagus or hiatal hernia. To perform the test a thin, flexible tube (catheter) is passed through your nasal passage, through your esophagus and into your stomach. You will be asked to swallow small sips of water. The test takes about 20 minutes to complete.

The **24-hour pH impedance test** is used to evaluate the amount of reflux (both acidic and non-acidic) in your esophagus over a 24-hour period. A thin, flexible tube (catheter) is passed through your nasal passage into your stomach. Once it's properly positioned, the other end of the catheter will be taped in place to the side of your face. It will attach to a small data recorder you'll wear for the next 24 hours. **You may NOT take any antacid medications during testing.** You can swallow, talk and breathe without difficulty when the catheter's in place. The next day the catheter is removed and the recorder collected.

PROCEDURE CHECK-IN

Virginia Mason Seattle—Buck Pavilion, Level 1
(After check-in, proceed to Level 3)
1100 Ninth Ave., Seattle, WA 98101
(206) 223-2319

Virginia Mason Seattle—Jones Pavilion, Level 5
(Access Jones via Level 5 of Central/Buck Pavilions)
1010 Spring St., Seattle, WA 98101
(206) 223-2319

7 DAYS BEFORE

- **STOP** taking proton pump inhibitor (PPI) medications: Prilosec (omeprazole), Nexium (esomeprazole), Protonix (pantoprazole), Prevacid (lansoprazole), Aciphex (rabeprazole), Dexilant (dexlansoprazole).
- You may take antacids like Tums or Rolaids until the day before your procedure if needed.
- If traveling a long distance to Virginia Mason, consider arranging overnight lodging for easy follow-up the day after your procedure.

3 DAYS BEFORE

- **STOP** taking H2-blocker medications: Zantac (ranitidine), Pepcid (famotidine), Tagamet (cimetidine).

PROCEDURE DAY AND TESTING

- **DO NOT** eat anything starting 6 hours prior to your check-in time. **You may drink clear liquids until 2 hours before check-in** (see page 3).
- You may take other daily medications with a small sip of water.
- **DO NOT** wear make-up or moisturizer on your face. Dress comfortably. You will not be able to shower until the equipment is removed the following day. (Continued on page 2)



- Please plan to spend up to one hour at Virginia Mason to receive the catheter and recorder, and to return the next day for their removal.
- You can resume your regular diet during the test, but please **avoid** drinking acidic and carbonated beverages, including soda, beer, wine, and juices like orange, tomato, grapefruit or other citrus juices.
- **DO NOT** take any antacid medications during the test.
- **Questions?** Please call us at (206) 223-2319.

Clear Liquid Diet Guide

A clear liquid diet is necessary during procedure preparation to provide needed fluids. Clear liquids are easy to digest and do not stay in the digestive tract. Clear liquids are liquids that you can see through. No solid foods are allowed after starting the clear liquid diet.

OKAY TO DRINK



Water/flavored water/
coconut



Black coffee or tea



Clear sports drinks
(no red, green or purple)



Jell-O
(no red, green or purple)



Popsicles without cream or fruit
(no red, green or purple)



Apple juice, CLEAR fruit
juice (no pulp or red)

DO NOT DRINK



No milkshakes
or smoothies



No orange or pineapple
juice



No milk, dairy, almond or
coconut milk



No coffee or tea with cream,
milk, or non-dairy creamer



No soup or Broth



No Barium/oral contrast