



## Esophageal Manometry

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, down your esophagus and into your stomach. You will be asked to swallow small sips of water. The test takes about 20 minutes to complete.

### 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

### PROCEDURE DAY

- **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 2).
- You may take other daily medications with a small sip of water.
- Please plan to spend 30 to 45 minutes at Virginia Mason.
- **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**

		
<p>Water/flavored water/ coconut</p>	<p>Black coffee or tea</p>	<p>Clear sports drinks (no red, green or purple)</p>
		
<p>Jell-O (no red, green or purple)</p>	<p>Popsicles without cream or fruit (no red, green or purple)</p>	<p>Apple juice, CLEAR fruit juice (no pulp or red)</p>

**DO NOT DRINK**

		
<p>No milkshakes or smoothies</p>	<p>No orange or pineapple juice</p>	<p>No milk, dairy, almond or coconut milk</p>
		
<p>No coffee or tea with cream, milk, or non-dairy creamer</p>	<p>No soup or Broth</p>	<p>No Barium/oral contrast</p>