

Manchester Royal Infirmary

Gastrointestinal (G.I.) Investigations Unit

High Resolution Oesophageal Manometry and 24 hour pH/impedance study

Information for Patients



Introduction

Your consultant has referred you for high resolution oesophageal manometry and 24 hour pH study because you are having problems with your stomach (and/or your oesophagus).

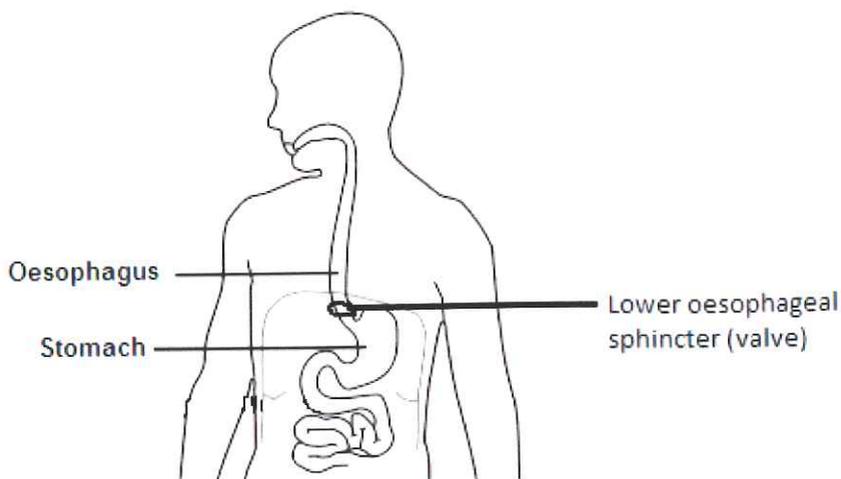
The two most common reasons for referral for this test is heartburn/ acid reflux or difficulty swallowing.

When you come for your appointment it would be helpful if you bring a list of your medications. If you take GTN spray or inhalers for asthma, please bring these with you when you attend the appointment.

What is oesophageal manometry and 24 hour pH/impedance study?

Oesophageal manometry measures the function and strength of muscles in your oesophagus, particularly when you swallow. It also gives information on how well the lower oesophageal sphincter (valve) at the bottom of your oesophagus works.

The 24 hour pH and impedance study is a test using a thin probe/tube placed in your throat to measure acid reflux (liquid from your stomach moving into your oesophagus – gullet).



What do I need to do before the test?

You will need to stop certain medications (see list below), prior to the test. You also must fast (no food or drink) for 4 hours before the test.

Stop 7 days prior to test.

Lansoprazole (Zoton)
Omeprazole (Losec)
Pantoprazole (Protium)
Rabeprazole (Pariet)
Esomeprazole (Nexium)

Stop 2 days prior to the test.

Ranitidine (Zantac)
Cimetidine (Tagamet)
Dyspamet
Famotidine (Pepcid)
Axid (Nizatidine)
Metoclopramide
Domperidone
Gaviscon
Pyrogastrone
Maxalon
Maalox
Rennies
Settlers
Bisodol
Magnesium Trisilicate
Gastrocote

What does this test involve?

On arrival into our department you will be greeted by a member of staff and directed to a clinic room. Once inside the clinic room, you will be asked some health questions and have your written consent taken by a clinical physiologist.

When you come for your appointment it would be helpful if you bring a list of your medications. If you take GTN spray (for angina) or inhalers for asthma, please bring these with you when you attend the appointment.

You will then be asked to sit on a bed where the test will be performed.

How is the test performed?

Xylocaine spray (a local anaesthetic) will be applied to the back of your throat. A thin flexible tube will be passed through your nose, over the back of the throat and into the stomach. You will be asked to drink water through a straw to help the tube go down.

Once the tube is in position, it will be taped in place securely and you will be asked to lie down. You will then be given small amounts of water to swallow through a syringe to assess how your oesophagus works when you swallow. You will also be given small amounts of cake to assess if there is any difference between liquid and solid swallows.

Please note: If you have celiac disease and follow a gluten free diet, please bring some gluten free bread or biscuits with you.

The tube is then removed and this part of the test is complete.

For the 24 hour pH/impedance study, a second smaller tube is passed down the nose and throat in the same way as the first. This tube is then taped securely onto your cheek and attached to a recorder that is worn over your shoulder. This recorder is about the size of a mobile phone. The tube will stay in place for 24 hours and measure reflux over this time period.

You will be asked to fill in a diary during the 24 hours stating when you had food, drink, when you went to bed and if you had any symptoms. Before you leave the department, you will be given more detailed instructions regarding food and drink you can have during the test. As it can interfere with the test result, you will not be able to have any acidic drinks such as: fruit juice; fizzy drinks; cordials e.g. Vimto or orange squash; fruit tea or alcohol.

You will then return the following day to have the tube removed and to hand in the completed diary sheet.

Is the test painful?

The test should not cause you any pain. It can be uncomfortable in the nose and you may feel the sensation of a lump in the back of your throat. This sensation will last for the duration of the study. However you will become less aware of it as time passes.

What should I wear?

You should wear a shirt, blouse or loose t-shirt so that you will be comfortable during the procedure.

What do I do if the tube comes out?

Occasionally, some patients are unable to tolerate the tube in the back of the throat and may retch or vomit. This can cause the tube to come back up the throat and into the mouth.

If this happens, stay calm and remove the tube gently from the nose. To do this:

- 1) Remove the tape holding the tube onto the nose
- 2) Bring your chin down towards your chest
- 3) Very gently pull the tube out from the nose. It should come out very easily, but may make you cough/gag as it passes the back of the throat.

- 4) Once the tube is out, put it into a plastic bag e.g. a carrier bag and write down what time you took it out on the diary sheet.
- 5) Then bring the tube, recorder and diary sheet with you to the department on the day agreed.

If you cannot take it out yourself, you can go to your nearest A&E department and they can take it out for you. However you will need to keep the recorder to bring back to our department.

If you have any problems during the test, please ring the GI Investigations Unit on (0161) 276 4612 (Monday – Friday 8.30am – 4.30pm).

What are the benefits and risks?

The benefit of having this test is that it will help your doctor determine the problem with your oesophagus and decide on your future management.

There are no known risks associated with oesophageal manometry and 24 hour pH/impedance study. Some people experience discomfort due to stopping their stomach medication. You may also have a sore throat following the test.

There are no alternatives to high resolution oesophageal manometry, however a barium swallow (an X-ray test that is taken whilst drinking a liquid that shows up on the X-ray image) can be used to assess swallows but it is not as accurate. If you are unable to complete the 24 hour pH/impedance study, your consultant may send you to have a BRAVO capsule 48 hour pH study.

What happens next?

The results of both tests will be sent to your consultant. They will then contact you to come to an outpatient appointment where they will explain the results to you and discuss further treatment.

Any questions?

If you have any questions please contact us using the details below.

Department of Gastroenterology, Hepatology and
GI Investigations

2nd Floor Nowgen Building

Manchester Royal Infirmary

Oxford Road

Manchester

M13 9WL

(0161) 276 4612 (Monday – Friday 8.30am – 4.30pm)

No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Hospital site.

For advice and support on how to give up smoking, go to www.nhs.uk/smokefree.

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

نص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxiiboaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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