

For Scheduling Changes, please call:

818-538-2562

Patient Name: _____
Location: _____
Appointment Date: _____
Check-in Time: _____
Appointment Time: _____

PREPARATION INSTRUCTIONS FOR ESOPHAGEAL MANOMETRY

This procedure involves passing a narrow, soft tube through the nostril and into the esophagus. This tube measures pressures so your physician can evaluate how strongly the esophagus muscle contracts when you swallow and how competent the sphincter (valve) is at the end of the esophagus. In most cases it is an easily tolerated procedure. You may feel a little pressure in your nostril and slight gagging as the tube is initially passed. This sensation is normal and improves once the tube is properly positioned.

The study takes approximately 45 minutes to perform. You will be able to drive and go to work after the procedure.

PREPARATION FOR THIS EXAMINATION:

- **3 DAYS PRIOR TO PROCEDURE** (IF APPLICABLE):
Discontinue use of Carafate (sucralfate) and/or Reglan (metoclopramide).
- **AT MIDNIGHT THE DAY BEFORE THE EXAM** (IF APPLICABLE):
Discontinue antacids (Maalox, Tums, Mylanta, Gaviscon, Pepto-Bismol).
- **6 HOURS BEFORE THE EXAM STOP ANY FOOD OR FLUID INTAKE BY MOUTH**

PLEASE NOTE: If you are scheduled for this procedure at Northern Nevada Medical Center(NNMC), a recent negative COVID-19 test or physical proof of COVID-19 vaccination will be required. A staff member from that facility will contact you 1-2 weeks prior to your appointment to review this information and answer any questions.