

East River Gastroenterology & Nutrition

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ESOPHAGEAL MANOMETRY INSTRUCTIONS

You have an appointment for an esophageal manometry test with Dr. Goldstein on _____ at _____.

This test will measure the strength and function of your esophageal swallowing muscles and the sphincter muscles forming the barrier between your esophagus and your stomach. It is commonly performed to evaluate acid reflux symptoms or disorders of swallowing. A thin, flexible catheter will be passed into your esophagus through your nose, and you will be asked to swallow small amounts of water. Most people experience very little discomfort during the test. The test usually lasts less than forty-five minutes.

Do not eat or drink anything for at least four hours before the test unless instructed otherwise.

If you are also scheduled to have a 24-hour pH study for acid reflux disease the same day, please call the office to discuss whether or not you should continue your anti-acid medications before the test.

If you need to reschedule or cancel the procedure, please call the office at (212) 535-4500. Please have any necessary referrals or the procedure may be cancelled.