

Manometry is a test that measures how the esophagus works. It also tests the valve muscle between the esophagus and the stomach. This test is done when people have swallowing problems as well as prior to and after treatments of the esophagus. A nurse will perform this test at Deaconess in the endoscopy unit.

Preparing for the test:

- Blood thinners need to be stopped prior to this test, to avoid nose bleeds that are difficult to stop.
- Blood thinners can only be stopped with approval from the provider who prescribes or manages your blood thinners. Please call asap to discuss stopping these prior to the manometry study. If you are approved to stop, please ask the provider how many days to go without taking these medicines prior to your appointment.
- Common blood thinners: Clopidogrel (Plavix), Warfarin (Coumadin), Ticagrelor (Brillinta), Prasugrel (Effient), Dabigatran (Pradaxa), Apixaban (Eliquis), Dipyridimole (Aggrenox).
- Do not eat after midnight the night before the procedure. Stop drinking clear liquids at least 2 hours prior to arrival.
- Aspirin is safe to continue.

What to expect before and after the procedure:

- Manometry or Motility is a test that involves having a soft, thin tube inserted into your nostril and down your throat. A numbing gel will be used but expect to still feel some pressure, you may gag, and your eyes may water.
- After the catheter is placed you will be asked to swallow small sips of water while a computer is recording data.
- The test lasts approximately 30 to 60 min.
- You can return to normal routine after the test, resume medications. Avoid hot liquids and sharp or crunchy foods until the numbing medicine has worn off.
- You may have a mild sore throat, stuffy nose, and possibly mild nosebleed post procedure. Avoid vigorous nose blowing after the procedure.
- Your results should be sent to the referring provider within 3-5 days.

If you are unable to keep this appointment, please cancel or reschedule at least 72 hours in advance by calling 509.755.5220, option 2.