

PATIENT INFORMATION

Oesophageal Manometry and 24 Hour Oesophageal pH Measurement Tests

Your doctor has recommended that you have an oesophageal manometry test and a 24 hour oesophageal pH measurement test. We hope this factsheet will answer some of the questions you may have about these procedures. If you still have questions, please do speak to a member of staff when you come for your appointment.

What is an oesophageal manometry?

An oesophageal manometry is a test to measure the pressures in your oesophagus (gullet) and the valve separating the stomach and oesophagus. We will be testing to check that:

- the valve is correctly located and working properly.
- the oesophagus is transporting food properly from the throat into the stomach.
- the oesophagus is working correctly (if you are being considered for anti-reflux surgery)

What is a 24-hour pH measurement?

A 24-hour pH measurement is the measurement of acid penetration from the stomach into the oesophagus during an extended period of normal activity. We do this so that we can:

- measure any acid that rises up from the stomach into the oesophagus over a 24-hour period
- see if acid reflux episodes correspond with your symptoms of reflux

Before the tests

- Stop taking any medicines on the list below, as these may interfere with the results of your test.
- Continue to take any other medicines, such as those for diabetes and epilepsy.

Medicines and when to stop taking them

Lansoprazole (Zoton) 7 days before the test

Pantoprazole (Protium, Pantoloc) 7 days before the test

Omeprazole (Losec) 7 days before the test

Esomeprazole (Nexium) 7 days before the test

Rabeprazole (Pariet) 7 days before the test

Ranitidine (Zantac) 48 hours before the test

Domperidone (Motilium) 48 hours before the test

Antacids (eg Rennie, Pepcid, Peptac, Setlers) 24 hours before the test

On the day of the tests

- Don't eat or drink anything for four hours before the test.
- Wear comfortable clothing. It is best to wear a separate top and skirt or trousers as a catheter (small tube) is inserted under your top, to be attached to a machine at your waist.
- Bring a list of all your medicines with you to the hospital.
- If you have been prescribed an inhaler for asthma or a spray for angina, please bring this with you too.

When you come into hospital, we will discuss your symptoms and give you an opportunity to ask questions about the test. We will explain all the risks, benefits and alternatives.

Once you are happy that you understand the test and its implications, you will need to sign a consent form to give us permission to proceed with the test. We must by law obtain your written consent to this procedure beforehand.

If you are unsure about any aspect of the procedure proposed, please do not hesitate to speak with a senior member of staff.

The oesophageal manometry test

A Doctor or a specialist nurse will perform your oesophageal manometry test. We will pass a catheter (small tube) through your nose and throat into your stomach. This may feel uncomfortable at the back of your nose and throat but should not be painful. You will not have any sedative as you need to be fully awake for the test but we can give some local anaesthetic spray.

You will lie on a couch while we are carrying out the test. We will gradually withdraw the catheter and take measurements. It usually takes about 20 minutes to finish testing and measuring. During this time we will ask you to swallow small quantities of water and possibly some solid food, such as a biscuit. At the end of the test, we will remove the catheter.

The 24-hour pH measurement test

For the 24-hour pH test, we will pass a second catheter through your nose and throat into your stomach and then withdraw it slightly so that the tip is just above the stomach. The catheter will then be secured to your nose, cheek and neck with tape. You will be able to feel it in the back of your throat, but it should not be too uncomfortable. You will be able to breathe, eat and drink normally.

The catheter will be attached to a small recording unit, which you will need to wear around your waist for the next 24 hours. The recorder box is splash-proof but must not get wet, so do not bathe, shower or swim. The equipment is fairly robust but should be treated with utmost care as it is extremely expensive to repair or replace. Please do not lose or damage the unit as every resource in the NHS is precious and it may prevent other patients benefitting from this test in the future.

Once the catheter has been inserted, you can go home and carry on with 'normal' activities where possible.

If you feel it is inappropriate, impractical or dangerous to go to work, be as active as you can at home.

You will not be given any medicine that can make you drowsy, but our advice is to avoid driving while you have the catheter in place, as you may be distracted.

Do not take any indigestion medicine or anti-reflux medicine during the test. Please ask us about any other medicines you would usually take.

It will not normally affect the test if you cough, vomit or sneeze. The catheter will be well secured and is unlikely to move. Very occasionally patients bring up the catheter into their mouth if they are sick. If this happens, simply disconnect the catheter from the recorder box, take off the tape and pull the catheter out of the throat and nose in one smooth pull. Place the catheter in a plastic bag and record the time in your diary.

Your pH measurement test diary

You will be asked to keep a diary of your activities and symptoms during the 24 hours of the test.

Please use the time on the recording unit when recording events in your diary.

We will ask you to record:

- **your symptoms**

Relevant symptoms include heartburn, indigestion, chest pains, belching, regurgitation, coughing, sore throat, and loss of voice.

- **when and what you eat**

If particular foodstuffs appear to cause your symptoms, we will ask you to eat these during the test so that you will have your typical symptoms.

- **when you go to bed and when you get up**

If you normally sleep with several pillows to relieve your symptoms, please remove a couple to lie flatter.

Most people find that they are perfectly able to sleep during this investigation. If you are woken up at night by your symptoms, please note what time it is, and write down the time in your diary.

Please note that it is important for you to experience your typical symptoms during the investigation.

It may be necessary to bring on your symptoms by eating and drinking food or drink that you might normally avoid, such as spicy food and alcohol. We can then gather more information to assess whether your symptoms are caused by reflux.

At the end of the test

You will be given an appointment time to attend for removal of the catheter on the following morning.

At this appointment we will stop the recorder and remove your catheter. This should only take five to ten minutes. Please bring your completed diary sheet with you. When the test is finished you are free to take your usual medicines.

Getting the results

You will be given a time to return to Hutchings ward to have the catheter removed and the recorder disconnected usually 24 hours to 48 hours later.

We will download the data from the recorder and enter the information from the diary sheet. Sometimes a Consultant Surgeon or one of his team may call you to clarify time periods on your report to ensure accuracy of it against your symptoms.

The results will be analysed and a report will be sent to the referring consultant soon after the test.

The original referring consultant will either write to you or send you a clinic appointment to discuss the results of your investigation with any action necessary.

Useful links

<http://www.nhs.uk/conditions/Gastroesophageal-reflux-disease/Pages/Introduction.aspx>

Contact us

For more information, contact us on telephone: **01803 655919**

Email: tsdft.hutchingsward@nhs.net

South Devon Upper Gastrointestinal Unit

Torbay Hospital

Lowes Bridge

Torquay

TQ2 7AAPatient

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.