

ESOPHAGEAL MANOMETRY

Appointment Date: _____ Time: _____

Location: Location: 259 E. Erie St, Lavin Pavilion, 16th floor

To schedule, cancel, or reschedule this test, please call: 312.695.5620

About the Esophageal Manometry

Your esophagus is made up of many muscle fibers that contract and relax when you are swallowing. These contractions sweep food down the esophagus into the stomach. When the contractions are weak, it can become difficult to swallow. When the contractions are too strong, pain can occur.

Esophageal manometry is a procedure that allows your physician to measure the contractions of your esophagus as well as the strength of the lower esophageal sphincter (LES). The test can evaluate symptoms of difficulty swallowing, heartburn, or esophageal chest pain. The primary benefit of the esophageal manometry test is to show your physician how your esophagus muscles work.

Insurance

To avoid any unforeseen charges, please verify benefits, coverage and preferred location(s)/providers for this procedure with your insurance company. Procedure and diagnosis codes can be found below.

Procedure (CPT) Code: 91010

Diagnosis (ICD-10) Code: _____

Our department will assist on obtaining pre-certification/prior-authorization if your insurance requires. Please call your insurance company three days prior to your procedure to verify that you have received authorization. If your procedure has not been approved, please call our pre-certification department at 312.926.3041.

Preparation

- **If your test is scheduled in the morning, you must not eat or drink anything after midnight the night before the test.**
- **If your test is scheduled in the afternoon, do not eat or drink anything six hours before your test.**
- You may drink small sips of water with your medication up to three hours before the time of your procedure.
- You can continue taking your GI-related medications unless you are also scheduled for pH testing (BRAVO or pH-Impedance). If you are scheduled for a second test, consult with your physician if they would like you to be on or off your GI/acid reducing medications.

During the Esophageal Manometry

Esophageal Manometry takes approximately 45 minutes to 1 hour. The GI Lab technician will explain the test and ask you several questions related to your GI symptoms. Before the procedure a numbing jelly (Lidocaine) will be used to numb the nasal passage. A thin, soft tube, called a manometry catheter, with tiny pressure sensors along its wall, is gently passed through the nose, beyond the throat, and into the esophagus. A lubricant will be put on the tube to make the placement more comfortable. You may experience some mild gagging at this point, but this feeling should quickly pass once the manometry catheter is into the esophagus. Once the catheter is in place, you will lay flat on your back, with your arms and hands at your sides, and the catheter will be taped to your nose to prevent movement.

The first section of the test will begin as a rest period. The rest period serves as a baseline and lasts for two minutes. During which you will be asked to minimize swallowing. This will determine your resting pressure of your lower esophageal sphincter (LES). Next you will be asked to swallow small sips of water 10 times. This allows your physician to measure the muscle pressure of your esophagus and lower esophagus sphincter (LES) when you swallow. You will then be asked to sit upright and swallow water, apple sauce, and graham crackers. The last portion of the test will be to drink a small cup of water. The manometry catheter will then be removed and the test is completed.

After the Esophageal Manometry

Following the Esophageal Manometry, you may experience a mild sore throat, which should resolve in a couple of hours after the tube is removed. Unless instructed differently by your physician, you may resume normal activities, eat, and take your medications. Your test results will be analyzed and a report will be given to your physician within seven business days of your visit. If you do not receive your results via telephone or MyChart within 7–10 business days, please call your doctor's office.