

## Esophageal Manometry Preparation

*Important: Failure to follow these instructions may result in cancellation of your procedure.*

Esophageal manometry is used to evaluate patients with swallowing difficulties as well as provide anatomical information for patients being evaluated for esophageal surgery.

This 20-30 minute procedure is performed by inserting a thin flexible manometry catheter into the nose, down the throat and into the stomach. Once in place, you will participate with a succession of swallows. The catheter measures muscle pressures during the contraction and relaxation of the esophageal muscles.

Please plan to be in our endoscopy department for 60 – 120 minutes from time of check in to discharge.

***If you need to cancel/reschedule your procedure please call at least 3 business days in advance***

**Swedish First Hill**  
747 Broadway  
2<sup>nd</sup> Floor Endoscopy  
Seattle, WA 98122  
(206) 386-2015

**Swedish Issaquah**  
751 NE Blakely Drive  
3<sup>rd</sup> Floor, Suite 3010  
Issaquah, WA 98023  
(425) 313-4452

### DAY OF THE PROCEDURE

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Take all your normal medications (this **includes blood pressure & anxiety medications**) unless otherwise instructed by your referring clinician. Do not take any blood thinning medications on the morning of your procedure (warfarin, coumadin, plavix, naproxen, ibuprofen, aspirin, celecoxib, Aleve, Advil, Motrin, Excedrin, Celebrex, fish oil). **Tylenol is OK.**

**If you are diabetic**, please take half of your insulin dose the day of your procedure and hold oral agents. **(Please bring your diabetes medication with you to your procedure.)**

**NO SOLID FOODS 8 hours prior to your scheduled appointment**

You may have ***ONLY CLEAR LIQUIDS*** up to **3 hours prior** to your procedure such as:

- Black coffee or tea (sugar is OK)
- Popsicles or Jell-O (not red or blue)
- Bouillon/broth
- Water
- Soda (clear or cola is OK)
- Sports drinks: Gatorade; Pedialyte
- Fruit juice: apple, white grape, or white cranberry

*Please **AVOID** drinking alcohol and liquids that are red, blue or purple in color.*

**NOTHING by mouth three (3) hours prior to procedure including gum, water, mints, and lozenges.** Doing so may cause a cancellation of your procedure.