Having an Oesophageal Manometry (a guide to the test)

GI Services
Endoscopy Day Ward – Outpatients Department

Providing a range of NHS services in Gateshead, South Tyneside and Sunderland.
Oesophageal Manometry

Following your appointment with the doctor, you have been advised that you need an oesophageal manometry test (procedure to measure the pressures and co-ordination of pressure activity within your oesophagus). This will be carried out in the Endoscopy Day Ward, which is situated near to the Outpatients Department, South Tyneside District Hospital.

Please read the instructions in this booklet ON RECEIPT OF THE APPOINTMENT and bring it with you when you come for your appointment.

Blood-thinning tablets

It is not necessary to stop blood-thinning tablets.

Diabetics

If you are an insulin or tablet-controlled diabetic do not fast. Continue your normal medication and diet.

Ambulance transport

If you require hospital transport to and from the hospital you should book this with your GP or ask the endoscopy booking clerk to book this for you in advance.

Special arrangements

Please let us know before your visit if there are any arrangements we can make for you, e.g. an interpreter or sign guide to help you during your appointment. Please contact the Endoscopy day Ward on the telephone number given and we will arrange for someone to be with you.

Some frequently asked questions

This information leaflet will help you to understand what happens when you have an oesophageal manometry.
**What is oesophageal manometry?**
This test measures the pressures and co-ordination of activity within your oesophagus when you swallow. From this we can make an assessment of its functioning and determine if your symptoms are due to certain disorders of the oesophagus.

**What are the risks of having an oesophageal manometry?**
A sore throat after the test is very common but should feel better after a few hours.
There is a small risk of:
- entrapment of catheter
- a nose bleed
- feeling faint
- a very small risk of perforation of the oesophagus

**Will I need to starve?**
You should not eat anything for at least 6 hours before the appointment time. You can drink water until 2 hours before your appointment time. HOWEVER, if you are diabetic continue normal diet.

**Do I keep taking my tablets?**
You must keep taking any essential prescribed tablets, e.g. heart tablets, blood pressure tablets, diabetic medication, etc., which you can take with a sip of water.
However, stop taking indigestion medication before the test.
A list of medications to be stopped, and when to stop will be sent to you with the appointment booklet.

**Will I be asleep for my test?**
You will not be put to sleep or sedated in any way since you should feel only slight discomfort from the test.
Do I need to bring someone with me?
You do not need to bring anyone with you. However, you may like someone to accompany you but they will have to wait about an hour.

What happens when I arrive for my test?
The nurse will explain the procedure to you and ask for your consent form. This is to ensure that you understand the test and its implications.
You will be made comfortable on the couch. The nurse will then pass a tube, with pressure sensors along its length, through your nose and into your oesophagus.
During the test period we ask you to lie as quietly as possible. This is because talking can interfere with the measurement.
We will give you 10 small amounts of water to swallow so that we can observe the muscle contractions in the oesophagus. This test takes about 30 minutes. The tube will then be removed.

When will I get my results?
The information is downloaded on to a computer and the results printed. The printout will need to be carefully analysed and you will get the results at your next out-patient appointment at the hospital.

Discharge instructions
If you have any concerns contact the Endoscopy Day Ward on 0191 404 1000 ext. 2247 between 9.00 a.m. and 5.00 p.m. or attend Accident and Emergency or contact your GP.
About the consent form

Before a doctor or other health professional examines or treats you, they need your consent. Sometimes you can simply tell them whether you agree with their suggestions. However, sometimes a written record of your decision is helpful – for example if your treatment involves sedation or general anaesthesia. You will then be asked to sign a consent form. If you later change your mind, you’re entitled to withdraw consent – even after signing.

What should I know before deciding?

Health professionals must ensure you know enough to enable you to decide about treatment. They will write information on the consent form and offer you a copy to keep, as well as discussing the choices of treatment with you. Although they may well recommend a particular option, you’re free to choose another. People’s attitudes vary on things like the amount of risk or pain they’re prepared to accept. That goes for the amount of information, too. If you’d rather not know about certain aspects, discuss your worries with whoever is treating you.
Should I ask questions?
Always ask anything you want. As a reminder, you can write your questions down. The person you ask should do his or her best to answer, but if they don’t know they should find someone who is able to discuss your concerns. To support you and prompt questions, you might like to bring a friend or relative. Ask if you’d like someone independent to speak up for you.

Is there anything I should tell people?
If there’s any procedure you don’t want to happen you should tell the people treating you. It’s important for them to know about any illnesses or allergies you may have or have suffered from in the past.

Can I find out more about giving consent?
The Department of Health leaflet Consent – what you have a right to expect is a detailed guide on consent in versions for adults, children, parents, carers / relatives and people with learning disabilities. Ask for one from your clinic, order from the NHS Response line (0870 155 455) or read it on the website: www.doh.gov.uk/consent

Who is treating me?
Amongst the health professionals treating you may be a doctor / nurse in training, medically qualified, but now doing more specialised training. They will only carry out procedures for which they have been appropriately trained. Someone senior will supervise – either in person accompanying a less experienced doctor in training or available to advise someone more experienced.
Photographs and videos
As part of your treatment some kind of photographic record or video may be made. The photograph or recording will be kept with your notes and will be held in confidence as part of your medical record. This means that it will normally be seen only by those involved in providing you with care or those who need to check the quality of care you have received. The use of photographs and recording is also extremely important for other NHS work, such as teaching or medical research. However, we will not use yours in a way that might allow you to be identified or recognised without your express permission.

What if things don’t go as expected?
Amongst the many procedures taking place every day, sometimes things don’t go as they should. Although the doctor/nurse involved should inform you and your family, often the patient is the first to notice something is amiss. If you’re worried – for example about the after-effects of a procedure continuing much longer than you were told to expect – tell a health professional right away. Speak to your GP or contact the clinic – the phone number should be on your appointment card, letter or consent form.

What are the key things to remember?
It’s your decision! It’s up to you to choose whether or not to consent to what’s being proposed. Ask as many questions as you like, and remember to tell the team about anything that concerns you or about any medication, allergies or past history which might affect your general health.

Questions to ask health professionals
As well as giving you information, health professionals must listen and do their best to answer questions. Before your next appointment, you can write some down.
Questions may be about the treatment itself, for example:

- What are the main treatment options?
- What are the benefits of each of the options?
- What are the risks, if any, of each option?
- What are the risks if I decide to do nothing for the time being?
- How can I expect to feel after the procedure?
- When am I likely to be able to get back to work?

Healthcare professionals should welcome your views and discuss any issues so they can work in partnership with you for the best outcome.

South Tyneside District Hospital
Harton Lane
South Shields
Tyne & Wear
NE34 0PL
Tel: (0191) 404 1051

This leaflet gives a general description of a medical or diagnostic procedure. It may help you to understand it better. It does not necessarily describe your problem exactly or take the place of a consultation. All questions and concerns should be addressed directly to a Doctor, or health advisor.

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact on telephone numbers above.