

# Oesophageal manometry and the 24hr pH study

## What is the test for ?

This test will have been requested because either you are suffering with symptoms that may be due to acid reflux or because you have been having problems with swallowing. The first part of the test measures how well your oesophagus (gullet) is working. The second part of the test measures how much acid is refluxing out of your stomach and into your oesophagus.

## How do I prepare for the test ?

If you are taking anti-acid medications you will need to stop them before you have the test. This is because we need to measure acid refluxing into your oesophagus and these medications block acid production. Omeprazole, lansoprazole, pantoprazole and all other proton pump inhibitors should be stopped seven days before the test. If your symptoms start to return you may take short acting antacids such as ranitidine and gaviscon up until 48 hours before the test. 48 hours before the test you should stop all antacids. You should take only paracetamol to control your pain.

All other necessary medications should be taken and you may have a light breakfast if you wish on the day of the appointment.

## What does the test involve ?

You will be sitting up on the examination couch. Local anaesthetic is sprayed through your nose into the back of your throat. This may make your eyes water and gives a numb sensation in your throat. A fine tube is passed down your nose and into your throat. You are given water to drink through a straw and as you swallow the probe is drawn down into the stomach. The majority of patients have no problems completing this task. Some people are very sensitive to anything in their throat and may have some difficulty tolerating the tube but it is rare not to be able to complete the test.

Over the following 30 minutes you are required to do some breathing and swallowing exercises while the tube is slowly withdrawn..

When this test is complete a finer tube is passed down the oesophagus and taped to your nose. Most people tolerate the fine tube with ease as the throat rapidly adjusts to its presence. This tube will be staying in place for the next 24 hours. It is attached to a small recording box which you will carry with you (usually on a waist belt). You should try and live a normal 24 hours.

At the end of the test period you will need to return to hospital to have the tube removed.

If you have any problems during the recording period you may call the hospital for advice (01252 850216 and ask for outpatients). In the event of an acute problem with the probe you can withdraw it yourself through your nose.

### **The report**

After the study is completed it will be analysed by Mr Jourdan and the report will be sent to your requesting doctor within a couple of days.