



Royal Papworth Hospital
NHS Foundation Trust

Respiratory Physiology Oesophageal manometry and pH studies

A patient's guide

What are oesophageal manometry and pH study tests?

- An oesophageal manometry study is a test that measures how well your oesophagus (gullet) is working.
- A pH study is a test that measures the presence of any acid in your oesophagus.

What do these tests involve?

The oesophageal manometry study involves a thin catheter (tube) being introduced into your oesophagus through your nose. If appropriate your nose will be sprayed inside with a local anaesthetic.

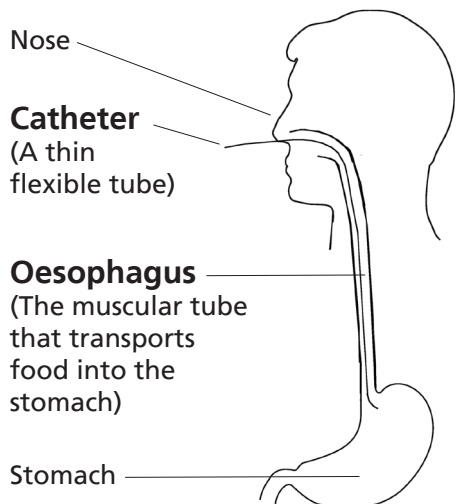
Then, sitting comfortably on the bed the catheter will be withdrawn whilst measurements of pressure are recorded. You will also be asked to perform some swallows with drinks of water.

The catheter will be removed and then another tube is placed in your oesophagus to measure the acid. The catheter will be secured on the side of your face by medical sticking tape. The other end of the

catheter is connected to a box which records information about the acid. This box, which is about as big as your hand can be worn on a belt around the waist.

The catheter will remain in overnight. You will be asked to complete a diary during the test. This will be explained to you by a clinical physiologist. You will then go home and return the following day to have the catheter removed.

These studies will take about one hour. The clinical physiologist performing your studies will explain the tests to you before they are performed.



Preparing for your visit

You should have nothing to eat or drink for at least 6 hours before your appointment. (If you are diabetic please contact the department regarding this instruction).

Please complete the enclosed questionnaire prior to your study.

If you are on blood thinning medication (anticoagulant), such as Warfarin - please contact the department at least one week before your appointment.

Your medication

If you are taking any of the following medications you should temporarily stop these before your appointment:

Anti-ulcer drugs

Stop these at least 7 days before your appointment.

For example:

- Esomeprazole (Nexium®)
- Omeprazole (Losec®)
- Lansoprazole (Zoton®)
- Pantoprazole (Protium®)

Stop these at least 3 days before your appointment.

For example:

- Ranitidine (Zantac®)
- Cimetidine (Tagamet®)
- Nizatidine (Axid®)
- Famotidine (Pepcid®)

Indigestion mixtures/antacids

Stop these at least 24 hours before your appointment.

For example:

- Aluminium and magnesium containing antacids
- Sodium bicarbonate
- Gaviscon®
- Rennies®
- Any other indigestion remedy you may purchase.

Anti-sickness drugs

Stop these at least 2 days (48 hours) before your appointment.

For example:

- Metoclopramide (Maxolon®)
- Domperidone (Motilium®)
- Ondansetron (Zofran®)

It is safe for you to stop this medication and resume again after the study has been completed.

You should continue taking all of your other medication.

If you are unsure of any medication details your GP practice will be able to help you.

Risks and benefits

These tests will provide your doctor with the information required to assist in the diagnosis of your condition, to decide the best course of treatment and provide reassurance if the results are normal.

In the majority of patients these tests are performed without any problems.

However, like many other procedures there are potential risks which include a slight reaction to the anaesthetic spray used to numb the back of your throat, and very minor damage to your gullet.

During the procedures you may experience a mild gagging, retching sensation and after the tests you may have a sore throat or minor nose bleed.

After the procedures if you experience any problems please contact your doctor.

Any questions

If you have any questions about the tests, medication or the department, please do not hesitate to ring the Respiratory Physiology department on 01223 638207.

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Author ID: Chief Clinical Physiologist
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Printed: June 2021
Review due: June 2023
Version: 6.5
Leaflet number: PI 14

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