



Digestive Health Center

ESOPHAGEAL MANOMETRY

INSTRUCTIONS

Appointment Date: _____ Arrival Time: _____ Procedure Time: _____ Physician: _____

**Plan to spend 1 hour in the GI Lab

- Location
- 259 E Erie St, **Lavin** Pavilion,
16th floor, Chicago, IL
 - 675 N Saint Clair St, **Galter** Pavilion,
4th floor, Chicago, IL

Insurance Codes:

Procedure Code (CPT): 91010

Diagnosis Code (ICD 10): _____

Welcome

Northwestern Medicine Memorial Hospital strives for your experience with Endoscopy Services and the hospital to be excellent. Your safety and comfort are our primary concern and we want your stay to be an exceptional experience.

Appointment Information

You will receive an arrival time for your test. Please be aware that your test may be delayed due to unforeseen circumstances.

Please keep your original appointment. If you need to re-schedule your procedure, you MUST give at least a 7-day notice.

For scheduling related matters, please call: 312.695.5620

For clinical concerns/questions, please call: 312.695.5620

Transportation and Parking

Parking for the Lavin location is available within the Lavin building located at 259 E. Erie Street, which is accessible from both Erie and Ontario streets. Bring your parking ticket to the GI lab for validation to receive a discount on your parking deck fee. Valet parking is available.

Parking for the Galter Pavilion is located at 222 E. Huron Street. Use second floor bridge to access Galter Pavilion.

If you are having another procedure the same day that requires sedation, please review the additional instructions for that procedure.

For more information on our parking garage locations, parking deck fees, and a map, please visit www.nm.org.

About your test

Your esophagus is made up of many muscles 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.

<u>Timeline</u>	<u>Procedure Preparation</u>
3 DAYS BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ Please contact your insurance company to verify coverage and if you will have any out of pocket costs, or precertification requirements. Please see the insurance/billing handout for more information on billing, coding, and potential out-of-pocket costs.
THE DAY BEFORE THE PROCEDURE	<ul style="list-style-type: none"> ➤ If you develop any moderate to severe cold symptoms (cough, sore throat, runny nose, etc.), a fever, new cut or wounds, or experience any other changes in your health before your procedure, please contact your physician’s office. <p><u>Diet Instructions:</u></p> <ul style="list-style-type: none"> ➤ Do not eat anything including gum, mints, tobacco, cough drops, or smoke any substance (i.e. tobacco, vape, marijuana) after midnight. ➤ After midnight, you may have plain water, black coffee/tea (no milk or creamer may be added, however, sugar and artificial sweeteners are permitted), apple juice, or Gatorade up to 2 hours prior to your scheduled arrival time. All other beverages/drinks are to be avoided after midnight.
THE DAY OF YOUR PROCEDURE	<ul style="list-style-type: none"> ➤ Call your testing center if you cannot arrive at your scheduled time at 312.926.2425. ➤ 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. ➤ Bring a photo ID and insurance card. ➤ Wear loose-fitting, comfortable clothes.

ESOPHAGEAL MANOMETRY PREPARATION GUIDELINES

GENERAL

- **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 minute. 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 do swallows of water and graham cracker. 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 results will be available within 7-10 business days after your procedure. If you do not receive your results via telephone or MyChart within 7-10 business days, please call your doctor’s office.

MEDICATIONS

- You may take your other normal medications up until 2 hours prior to arrival time.
- 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.

CONTACT INFORMATION

Please review this document and the FAQ section before calling our office with questions as your question may be answered from within this document.

Clinic	312.695.5620
Procedure Scheduling	312.695.5620
Pre-Certification	312.926.4645
Billing	844.669.2455
Financial counseling/price estimates	312.926.6906
Hospital	312.926.9000
Medical Records	312.926.3376
Digestive Health Fax	312.695.7095
	dhc.nm.org