

Having a manometry and 24-hour pH study to test for digestive disorders

Respiratory Physiology Unit

Information for Patients

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Introduction

Your doctor has asked for you to have a high resolution oesophageal manometry (HRM) and a 24-hour pH study. This leaflet will give you general information about these tests.

Please read this leaflet carefully. You can share it with your friends and family if you wish, so that they can be of help and support. If you have any concerns or queries, please contact the department on **0116 258 3420**.

What is a high resolution oesophageal manometry and a 24-hour pH study?

A high resolution oesophageal manometry is a test that measures the pressure in your food pipe (oesophagus) and the valves (sphincters) at either end of the oesophagus. A tube with several sensors at 1cm intervals (a multi-pressure sensor catheter) is passed through your nose into your stomach, which allows the pressure to be measured along the entire length of your oesophagus and sphincters. It tells us how well the oesophagus and the sphincters are working and whether their movements are coordinated.

A 24-hour pH study measures the amount of acid coming up (refluxing) into your oesophagus from your stomach over a 24 hour period. This test allows us to see if your symptoms are due to acid reflux.

Why do I need these tests?

The tests provide valuable information about your condition and will help to decide the best treatment for you (medication or surgery). Unfortunately, there are no other less invasive tests available that will give us this information.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Are there any side effects or risk of complications?

The risk of causing serious harm to you with this test is very rare.

Minor side effects of the oesophageal manometry could include a temporary runny nose or nose bleed. This can be caused when the tube irritates the lining of the nose. You may feel minor discomfort in your throat. Both of these usually disappear when the tube is removed.

Occasionally, during insertion the tube may enter the voice box (larynx) and cause a choking feeling. If this happens it is usually recognised immediately, and the tube is quickly removed.

None of the equipment used during the tests contain latex, but if you have any other allergies please inform the department before you attend so we can prepare the examination room.

How do I prepare for the tests?

Do not have anything to eat or drink for 4 hours before your tests, however small sips of water are allowed up to 1 hour before testing.

If your tests include manometry, please stop the following medication 5 days before your appointment:

- domperidone (Motilium)
- metoclopramide (Maxolon)
- mebeverine (Colofac)
- alverine citrate (Spasmonal)
- hyoscine butylbromide (Buscopan)
- baclofen (Lioresal)

If asked to, it is important that you also stop taking any of the following stomach tablets 5 days before your appointment :

- omeprazole (Losec)
- lansoprazole (Zoton)
- rabeprazole (Pariet)
- esomeprazole (Nexium)
- pantoprazole (Protium)
- ondansetron (Zofran)
- ranitidine (Zantac)
- cimetidine (Tagamet)
- nizatidine (Axid)
- famotidine (Pepcid)

If you have severe reflux symptoms before the test please take some antacids such as Gaviscon or Rennies. **Please do not take any antacids on the day of the test.**

If you are on any medication for your heart, breathing problems or hormone replacement therapy, please continue to take them as usual.

Please wear loose fitting clothing (a top and trousers/ skirt i.e. separate items of clothing) as you will be required to pass a wire underneath your clothes.

As we will need to secure the tube with tape, please do not apply make-up or moisturiser to your face or neck.

What will happen on the day?

You should go to the Gastrointestinal (GI) Physiology Laboratory, which is in the Respiratory Physiology Unit (south entrance) at Glenfield Hospital. You do not need to be accompanied by a family member or friend for this appointment. They will not be able to come into the room whilst you have the procedure.

A member of staff from the department will meet you and explain the procedure to you. This is to make sure that you fully understand the test and any risks. You will be asked to sign a consent form if you agree to have the tests. A member of staff from the department will then start the tests.

You cannot be put to sleep or sedated for the tests, but you will be offered a local anaesthetic spray to numb your nose and throat. You will be asked to sit upright on a couch and a tube (catheter) with pressure sensors will be passed through your nose into your stomach. You will be asked to drink water to help swallow the tube.

Once the tube is in place you will be asked to lie down flat on the couch, and you will be given small sips of water to swallow. Next in the sitting position we will ask you to eat some white bread and butter (if you are unable to eat white bread or would prefer to bring your own bread/ butter please feel free to do so; 2 buttered slices will be needed). Finally you will be asked to drink a cup of water through a straw. The first tube is then removed and the measurements are used to tell us where to put the second tube for the 24-hour pH monitoring. This is a much thinner tube that tends to be more comfortable.

A member of the team will explain how to use the monitoring equipment during the recording period. They will give you instructions to follow for removal and return of the equipment the next day.

- It is important that you carry out your normal activities as much as possible, to see if they might be related to your symptoms.
- **You will be given a diary which you will need to fill in**, giving us information about mealtimes, sleep times and symptoms.
- There are a few restrictions on eating and drinking. These will be explained to you on the day and also written in the diary to remind you.
- You must **not** shower or take a bath as it could damage the monitoring equipment.
- You cannot take your normal anti-reflux or indigestion medication during this 24 hour period (unless advised otherwise), as it will affect the results of the study. If you do take any anti-reflux or indigestion medication during this period, the 24-hour pH monitoring test will need to be repeated.

Your appointment will take about 1 hour. You will be able to drive back home or to work if you wish.

Please be aware that you will need to return the 24-hour pH monitoring equipment back to the department the next day.

What happens afterwards?

The results of the test will be looked at and a report will be sent to the consultant in charge of your care. They will decide what the best option is for you. You should hear from your hospital consultant within 2 to 3 weeks of having the test. If you do not hear in this time and wish to speak to someone, please contact your consultant's secretary by calling the hospital switchboard.

You should not experience any problems after your tests, but if you have any concerns please contact your GP and tell them about the procedure you have had.

You may continue to take any prescribed medication once testing is complete.

Contact details

If you have any questions or concerns during the 24-hour pH study, you can contact the Respiratory Physiology Department on 0116 258 3420 - Monday to Friday, 8.30am to 4pm.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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