

# 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 oesophageal manometry and a 24-hour pH study. This leaflet will give you general information about these tests.

Please read this leaflet carefully. If you have any concerns or questions, please contact the department on **0116 258 3420** or email: [uhl-tr.respiratoryservice@nhs.net](mailto:uhl-tr.respiratoryservice@nhs.net)

## What is an oesophageal manometry and a 24-hour pH study?

Oesophageal manometry is a test that measures the pressure in your food pipe (oesophagus) and the valves muscles (sphincters) at the top and bottom of the oesophagus.

You will be asked to swallow a tube that goes through your nose and into your stomach. This measures how well food and drink is being squeezed down when you swallow, and measures if the sphincters are working correctly. The manometry also tells us where to position the 24hr pH tube.

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 tells us if your symptoms are because of acid reflux.

## Why do I need these tests?

These tests will help your doctor to understand why you are getting your symptoms and It will help them to decide the best treatment for you.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## 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 oesophageal manometry could be 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 often disappear when the tube is removed.

Sometimes, during insertion the tube may enter the airways causing a cough. If this happens we will recognise this right away and remove the tube.

None of the equipment used during the tests has latex. If you have any other allergies please let the department know before you attend. This is so we can prepare the examination room.

## How do I prepare for the tests?

### **Do not eat or drink for 4 hours before your tests.**

You can have small sips of water 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, stop taking 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 bad 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.**

Continue taking medication for other problems, such as heart, breathing, or blood pressure problems.

Please wear a separate top and a skirt or trousers as the tube is placed under your top and attached to a small recorder.

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

## 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 have a family member or friend with you for this appointment. They will not be able to come into the room with you during the test.

## Oesophageal manometry:

1. A member of staff from the department will meet you and explain the test to you. This is to make sure that you fully understand the test and any risks. They will ask you to sign a digital consent form if you agree to have the tests.
2. A member of staff from the department will then start the tests. We cannot put you to sleep or sedated you for the tests, but most people do the test without any problems.
3. We will ask you to sit upright on a couch. We will pass the tube through your nose into your stomach. You will be asked to drink water to help swallow the tube.
4. Once the tube is in place, we will ask you to lie down flat on the couch. We will give you small sips of water to swallow.
5. Next in the sitting position, we will ask you to eat some white bread and butter. If you cannot eat white bread or would like to bring your own bread/ butter please do so. You will need to bring 2 buttered slices of bread.
6. Finally, we will ask you to drink a full cup of water through a straw. The tube will then be removed.

## 24-hour pH monitoring:

- We will ask you to swallow a second tube for the 24-hour pH monitoring. This is a much thinner tube that tends to be more comfortable. This will stay in place for the next 24 hours so we can measure your acid reflux.
- You will go home with the pH monitoring equipment. A member of the team will explain how to use it. They will give you instructions on how to remove the tube and return the equipment the next day.
- You must try to carry out your normal activities as much as possible. This is to see if they might be the cause of your symptoms.
- We will give you a diary. You will need to fill it in giving us information about mealtimes, sleep times and symptoms. We will ask you to press some buttons on the recorder.
- There are a few restrictions on eating and drinking. We will explain this to you, and it is also written in the diary to remind you.
- You must **not** shower or take a bath. This will damage the monitoring equipment.



- You **must not** take your normal anti-reflux or indigestion medication during this 24 hour period (unless advised otherwise). This will affect the results of the study. If you do take any anti-reflux or indigestion medication during this period, we will need to do this test again.

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

**You must return the 24-hour pH monitoring equipment back to the department the next day. Family or a friend can do this for you.**

## What happens afterwards?

We will look at the results from the test. We will send the report to your 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 have any problems after your tests. 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 after both tests are 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.

Or email: [uhl-tr.respiratoryservice@nhs.net](mailto:uhl-tr.respiratoryservice@nhs.net)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ 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

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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