How to Prepare for Your Esophageal Manometry

IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT
If you must cancel or reschedule your appointment, please call 708-216-0464 with at least SEVEN DAYS notice so another patient can be offered the time slot.

Follow all of the instructions in this handout EXACTLY as they are written. If you do NOT follow the directions, your test will need to be rescheduled.

Key Instructions:

- Several types of medications may need to be stopped FOR 24 HOURS before the test. See the medication section below for details.

- Do not eat or drink for 8 hours before your test

PREPARING FOR YOUR PROCEDURE:

Medications

Some of the medicines you take may need to be stopped or adjusted before your test.

- If you take nifedipine (Procardia), felodipine (Plendil), diltiazem (Cardizem), amlodipine (Norvasc), verapamil (Calan), hydralazine, or isosorbide dinitrate (Isordil, BiDil), you MUST call 708-216-0464 at least 7 days before your test for medication orders. These medications may need to be stopped FOR 24 HOURS before the test.

- STOP pro-motility medications such as Reglan (metoclopramide), Motilium (domperidone), erythromycin, and azithromycin FOR 24 HOURS before the test.

- On the morning of the test, you can take your regular medications as you normally would with sips of water.

7 days before your procedure

- Several types of medications may need to be stopped starting up to 24 HOURS BEFORE the test. See the medication section above for details.

- Call 708-216-0464 if you are unable to keep your appointment and need to reschedule.

continued
The day of your procedure

- Do NOT eat or drink anything for 8 hours before your scheduled appointment time.
- You may take your morning medications with sips of water.
- You should arrive to the GI Lab 30 minutes prior to your scheduled procedure time.
- If you have had a broken nose, surgeries on your nose or a deviated septum please tell the nursing staff before starting the procedure.
- PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.

After the procedure

- You may drive yourself home, eat and go about your normal activity after the procedure is completed.

Questions:

If you have any questions about preparing for your procedure, please call:

- During normal business hours: 708-216-0464
- After-hours: Physician Answering Service 708-216-8000, and ask for the GI Fellow on Call