

## **Preparation Instructions for Esophageal Motility Study**

**Date of Procedure:** \_\_\_\_\_

**Procedure Time:** \_\_\_\_\_

This procedure involves passing a narrow tube through the nostril and into the esophagus. This tube measures pressures so your physician can evaluate how strongly the esophageal muscle contracts when you swallow and how competent the sphincter (valve) is at the end of the esophagus. In most cases it is an easily tolerated procedure. You may feel a little pressure in your nostril and slight gagging as the tube is initially passed. This sensation subsides once the tube is positioned. The study takes approximately 30 to 45 minutes to perform. You will be able to drive and go to work after the procedure. You will not however be able to have any other procedure (x-ray, sonogram, EGD, etc.) done that day that requires you to be fasting, as we do give you approximately 120 mL to 200 mL of water during the test.

### **INSTRUCTIONS:**

√ NOTHING BY MOUTH 6 HOURS PRIOR TO PROCEDURE

√ 2 DAYS PRIOR TO PROCEDURE DISCONTINUE:

- Reglan (metoclopramide)
- Detrol (tolterodine)
- Urecholine (bethanechol)

Please inform us prior to your procedure date if you have any physical limitations that would make it difficult to climb onto an exam table or lay on your right side for an extended period of time.

Please reschedule your appointment if you feel you have an active upper respiratory infection (i.e. sinusitis, bronchitis, etc.).

If you have not followed the proper prep for your procedure your appointment will be rescheduled.

It is your responsibility to check with your insurance company for pre-authorization for any procedures. Your appointment might be canceled if you do not have the proper paperwork, referrals or pre-authorizations (if needed).

Please call Jackie at 410-224-4887 ext. 435 to reschedule this appointment.