

Manometry Prep Instructions

Please call the office located on 3 Green in the Guthrie Clinic at 570-887-2852 **immediately** if **any** of the following apply:

- If you are unable to walk or independently transfer to a stretcher.
- If you have any other procedures scheduled on this day that require you to have nothing by mouth.
- **If you need to cancel or reschedule your appointment.**

Important Information:

- It is recommended, but not required, to have someone with you for transportation.
- Please leave all valuables at home. However, please wear hearing aids (if needed) and comfortable, loose fitting clothing.
- The purpose of esophageal manometry is to measure how your esophagus (food pipe) is working.
- A thin probe is placed into your esophagus through your nose. The results of this test can identify causes of swallowing problems, heart burn, or chest pain. The test is also helpful in planning for surgery or to determine the success of a previous surgery.
- Your nose and throat will be numbed. Then a soft and thin tube is placed through the nose and down the esophagus. At first you may notice a gagging feeling and discomfort. This is normal. After placement of the tube, you will be asked to take swallows of a saline solution then you will take a series of swallows of applesauce.

The day before your appointment:

- You may brush your teeth
- You may take your medications (including pain medications, anti-anxiety medications, blood pressure medications) with a **small sip of water** in the morning prior to your procedure.
- **Do not eat or drink anything after midnight the day before your appointment. If you eat or drink anything after midnight your procedure will be cancelled.**

Diabetic Instructions

If you take a pill to lower your sugar, **do not** take it on the **day of your** procedure.

If you are taking **regular Insulin® or NPH**, **do not** take it on the **day of your** procedure.

If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin: It is recommended you take a $\frac{1}{2}$ **dose the evening prior to your procedure** and **no dose the day of your procedure**.

We recommend you have products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.

Thank you for choosing Guthrie!