

Guidelines for your Manometry

Why it's performed:

The esophagus is a long muscular tube. It connects the mouth to the stomach. There is a muscle at the bottom of this tube called the sphincter muscle. This muscle controls the passage of food and liquids going into the stomach. It also keeps stomach contents from backing up into the esophagus. This is reflux or GERD, which stands for gastro esophageal reflux disease.

Esophageal manometry is a special kind of test. It helps the doctor learn how well your esophagus is working. This test also looks at the sphincter muscle. It shows if the muscle is opening and closing the right way. Problems with your esophagus and the muscle at the end of it can cause pain in your throat or chest. You may also have heartburn or trouble swallowing.

Before the procedure:

- The hospital will call you a few days before your procedure to tell you what time to arrive. If you need information before receiving this call you call the hospital PAT department at **732-828-3000 extension 36616**. If you need to confirm your arrival time after you have received this call you can call the endoscopy schedulers at **732-253-3210**.
- Arrival times are given to admit you to the unit and prepare you for your procedure. It is important that you arrive at your given time. ***Please Note: Unlike surgery centers this unit treats both inpatients and outpatients and emergencies may arise that may cause delays in scheduled procedure. Please be patient and know that we will provide you with the best care when you go into your procedure. Due to the unpredictable nature of procedure units, please be prepared to spend the day here.***
- Do not bring any valuables or wear any jewelry the day of your procedure as we do not have space for you to secure belongings.
- If you need to send proof of your COVID vaccine please email it to VaccineStatus@rwjbh.org

Medications

- You may take all daily medication before to your procedure unless instructed otherwise by your doctor.
- Tell your doctor if you have allergies.

Prep/Diet

- Do not have anything to eat or drink 6 hours before your arrival time unless instructed otherwise by your doctor.

Day of procedure:

Your procedure will be done at Robert Wood Johnson University Hospital in the endoscopy suite on the second floor above Walgreens. The address is:

1 Robert Wood Johnson Place
New Brunswick, NJ 08901

Arrive 1 ½ hours before your scheduled procedure time. When you arrive, you will register and give your medical history. Bring with you a photo ID, insurance card, a list of medications that you take, and a copy of your COVID vaccine card or a negative PCR COVID test result.

PARKING

- Park in the hospital parking lot located on Little Albany Street and take the elevator to the 1st floor. Bring your parking ticket with you when you enter the hospital. Upon arrival stop at the information desk on the 1st floor to check in and have your parking validated. Turn left as you exit the elevator on the 1st floor and take the North building elevators located in the main lobby to the 2nd floor. When you get out of the elevators make a right and another quick right. At the end of that hallway make a left, pass the Cardiac Cath lab and a set of elevators on your right. You will then see the Endoscopy department on your left-hand side above Walgreens and Starbucks.

During the Manometry:

- You will be awake for the procedure. This will let the doctor talk with you. You will need to swallow at certain times during the procedure.
- You will sit down and the doctor will give you a numbing cream for your nose.
- The doctor will put a small flexible tube in your nose that will go down into your stomach. This tube is joined to the computer. The computer will record the activity of the muscles in your stomach.
- Once the test starts, it is important to breathe slowly and smoothly. Stay as quiet as possible. Avoid swallowing unless the doctor asks you to do so.

- The doctor will slowly move the tube and ask you to swallow. The computer will record the strength, pressure, and muscle squeezing of your esophagus.
- The doctor may ask you to repeat swallowing many times with sips of water.
- You may feel slight discomfort and gagging during this procedure.
- When the study has ended the doctor will remove the tube.
- The procedure will last 30-60 minutes.

After the procedure:

The doctor will discuss the procedure with you. You will be able to drive yourself home when the procedure is complete. You may continue with your normal daily activities, diet and medications. If you have a sore throat, lozenges or gargling with salt water may help. Schedule a follow up appointment with your doctor to discuss the results of the study.

Common side effects:

- Sore throat
- Stuffy nose
- Mild nosebleed
- Upset stomach

Esophageal manometry is a safe, low-risk procedure and is unlikely to cause any pain. Complications are rare. If you are allergic to latex you should inform the nurse/technician before the test.

Call your doctor or 911 right away for:

- Severe or new-onset abdominal pain that does not improve by passing gas
- Rectal bleeding that turns the entire toilet bowl red
- Fever greater than 101.5 or chills
- Vomiting blood, black or coffee ground looking material
- Severe dizziness, fainting or chest pain

Medications after discharge:

You may continue with your normal medications after the procedure.

You can take lozenges if you experience a sore throat.

Follow up:

Contact your doctor to schedule a follow-up appointment:

Clinical Academic Building (CAB)

125 Paterson Street

Suite 5100B

New Brunswick, NJ 08901

Phone: 732-235-7784

IMPORTANT PHONE NUMBERS:

Rutgers GI Clinic: 732-235-7784

Robert Wood Johnson Schedulers: 732-828-3000 x33210

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

Hospital PAT department **732-828-3000** x36616

For after hour **emergencies** call 732-235-778

