

Esophageal Manometry Study Instructions

Your physician has requested a procedure to measure the muscle activity of your esophagus or swallowing tube. This test helps your physician determine the effectiveness of the valve at the lower end of your esophagus in preventing the leakage of acid from your stomach back into your esophagus. It can also determine if the muscles in your esophagus work correctly.

The test is performed in our office at the Cedar Valley Digestive Health Center. An endoscopy nurse and/or a nurse practitioner will perform the procedure. A small flexible tube will be put into your nose and down your esophagus. This tube is attached to a computer that records the strength of your swallows. The test will take 20-30 minutes. There is no sedation given; therefore, you can drive.

Preparation for the exam:

- Do not eat or drink 8 hours before the test.
- Bring a list of medications, including name, dose, and times taken.

Date of procedure: _____ Arrival time: _____

Location: 1015 S. Hackett Rd.
Waterloo, IA 50701

Follow up office visit: _____

If you have any questions or concerns, please call our office at 319-234-5990.
Office hours are Monday–Friday from 8:30 a.m.-5:00 p.m., with phones answered 24 hours per day for emergencies.