

OESOPHAGEAL MANOMETRY

Manometry is a means of measuring the effectiveness of oesophageal muscle contraction. This allows assessment of the strength of contraction, co-ordination of muscle control and whether the muscles relax in the way they should to allow swallowing. This test is often performed before an anti-reflux operation to detect abnormalities that could compromise the results of the surgery. Manometry is also used to help identify the cause of difficulty with swallowing or of unexplained chest pain.

Oesophageal contraction is measured by a catheter (tube) with several side holes which connect to a pressure sensor. The catheter is passed through the nose into the lower oesophagus and then small amounts of water or bread are swallowed. The pressure waves can then be measured and analysed on the computer.

- The study takes approximately an hour to perform and is a little uncomfortable but not painful.
- Before the study it is important that all medications which interfere with oesophageal contraction are stopped. Please discuss any medication you are taking with the doctor arranging the test. Medications which are particularly likely to interfere include Nitrates, Calcium channel blockers, promotility agents, H₂ blockers, sedatives, painkillers, antidepressants and anticholinergics (such as used for Parkinson's disease). Sometimes it is not possible to stop some of these and their effect will be taken into account.
- The stomach should be empty so avoid food and drink for six hours before the test to prevent vomiting.

You are able to drive yourself in and home after the procedure as sedation is not given.

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