

# High Resolution Oesophageal Manometry

## What is High Resolution Oesophageal Manometry?

High Resolution Oesophageal Manometry is an investigation that gives a detailed look at the working of your oesophagus (gullet). It will assess your swallowing by measuring pressure in your oesophagus, recording its strengths and weaknesses.

It also assesses the valve (sphincter) separating the oesophagus from the stomach, to ensure it is correctly located and working correctly.

## Why do I need this investigation?

This investigation is performed to determine the cause of difficulty swallowing (dysphagia), pain on swallowing (odynophagia) or chest pain.

## What are the potential risks of this investigation?

For the vast majority of patients this investigation is performed without any problems. However, like many other investigations there are potential risks; these include a reaction to local anaesthetic spray (if used) and that your nose or throat may feel sore. This should settle once the tube is removed. On rare occasions, insertion of the catheter can cause a fainting response, or nose bleed. As the catheter will be passed into your oesophagus, there is a theoretical risk of oesophageal perforation. This is extremely rare but this risk will be included during the consenting process. Every attempt will be made to ensure you are as comfortable as possible throughout the test. If you are at all concerned, please contact the department of clinical measurements for advice.

## Important information for you prior to the investigation

Please read your appointment letter carefully and contact the Department of Clinical Measurements if you have any allergies or disabilities that may affect this test

**If you are taking any of the following medications you should temporarily stop these for 3 days (72 hours) before your investigation.**

Motilium (Domperidone)

Maxalon (Metoclopramide)

There is no need to stop any anti-acid medication prior to this investigation. If you have any questions about stopping medications, please contact your GP, your pharmacist or this department (**01392 402144**) for advice.

**Please refrain from eating for 4 hours before your appointment time. You may have clear fluids up to 2 hours before your appointment time.**

It would be helpful if you could bring a list of all current medications with you.

You should allow up to 1 hour for your investigation. Occasionally the appointment can take longer than planned. If your appointment is delayed for any reason we will endeavour to tell you as soon as possible.

If you are unable to attend your appointment for any reason, please inform us as soon as possible so we may offer the appointment to someone else.

## What happens during the investigation?

A Clinical Physiologist and a health care assistant will conduct your investigation. They will greet you and discuss the investigation with you in detail, asking you about your symptoms and answering any questions you may have. Once you are happy with the explanations and have had your questions answered, you will be asked to sign a consent form.

The test involves a thin tube (called a catheter) being placed into your stomach, via your nose. This is done whilst you are drinking small sips of water through a straw. The catheter has water flushing through it at a slow rate; a towel will protect your clothing.

You will lie on a couch while the test is carried out. The catheter will remain in the same place once its position has been confirmed, for the measurements to be taken. We will ask you to swallow small amounts of water at various intervals, so that we can measure the swallowing mechanism. Following this, you may be asked to eat small amounts of solid food, such as bread. This test may be uncomfortable, but should not be painful. Once finished, we will remove the catheter.

## What happens after the investigation?

You may feel that your nose and throat are a little sore. This should ease after a few hours. The findings of the investigation are always sent to your consultant who will then write to you or arrange a follow up appointment to explain the findings of the investigation and advise you of any further treatment.

## Any further questions?

If you have any further questions about the investigation or wish to speak to either our Clinical Scientists/Physiologists or Nurses regarding your appointment, please telephone the **Department of Clinical Measurements** on **01392 402144**.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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