

ESOPHAGEAL MOTILITY / MANOMETRY **PREPARATION INSTRUCTIONS**

Please read and follow instructions otherwise your test may have to be rescheduled.

These instructions were prepared to give you general information about your procedure. Any individual problems or questions regarding this procedure should be directed to the Medical Procedures Unit at Genesys Regional Medical Center 810-606-6154.

What is esophageal manometry/motility study? Esophageal manometry is a test used to measure the function of the lower esophageal sphincter (the valve that prevents reflux of gastric acid into the esophagus) and the muscles of the esophagus. This test will tell your doctor if your esophagus is able to move food to your stomach normally.

48 HOURS BEFORE EXAM:

Do not take any of the following medications: even if prescribed by your doctor. These medications can give a false negative result of your test. Metoclopramide (Reglan), Bethanecol (Urecholine), Erythromycin, Muscle relaxers (exp Flexeril, Cycloflex, Methocarbamol, Metaxalone, Carisoprodol, Cyclobenzaprine). Benzodiazepines (exp: Clonazepam, Klonopin, Diazepam, Valium, Temazepam, Restoril).

DAY OF EXAM:

6 hours before the exam: Do not eat or drink anything

PROCEDURE INFORMATION:

Location: Please register at the Medical Procedures Unit on the second floor 30 minutes before the scheduled procedure time. A family member may come with you if you wish. Length of procedure is approximately 1 hour.

[You have been scheduled for an Esophageal Motility on:](#)

Date: _____ **Time:** _____ **Arrival Time:** _____