



COOK COUNTY HEALTH

Preparing for Your Manometry Procedure

Please report to **Clinic R** at the arrival time listed in your appointment instructions. Clinic R is located on the second floor of **John H. Stroger Hospital**, at **1969 West Ogden Avenue, Chicago, IL**.

What is Esophageal Manometry?

Esophageal manometry is a test used to assess the pressure and motor function of the esophagus (food pipe). It evaluates how well the muscles in your esophagus transport liquids or food from your mouth to your stomach.

This test is often performed to:

- Evaluate causes of **gastric reflux, heartburn, difficulty swallowing, and functional chest pain.**
 - Aid in **pre-operative evaluation** for anti-reflux surgery.
 - Ensure proper placement of pH probes for other diagnostic tests.
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Preparation Before the Procedure

1. **Fasting:**
 - Do not eat or drink anything after midnight before your test.
2. **Medications:**
 - Take your **blood pressure and heart disease medications** with small sips of water on the day of the procedure.
 - **Do not take oral diabetic medications.** Consult your primary physician regarding insulin injections.
 - Certain medications may affect the muscles of your esophagus and alter test results. These include:

- Pain medications
 - Sedatives
 - Tranquilizers
 - Antispasmodics
 - Promotility medications
 - Discuss all medications with your primary physician before the procedure.
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After the Test

- You may **resume normal daily activities, diet, and medications** after your test.
 - If you experience a sore throat, lozenges or gargling with salt water may help alleviate discomfort.
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Additional Information

- Leave all **valuable belongings** at home. The clinic is **not responsible** for lost or damaged items.
 - Do **not** wear nail polish on the day of your procedure.
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Contact Information

If you miss our call, please call back to confirm your appointment at:

- **312-864-3250**
- **312-864-3251**
- **312-864-3252**
- **312-864-3264**