



# A guide to...

## Having an Oesophageal Manometry and 24-Hour pH Study

### *Patient Information*

#### How to contact us

Booking and interpreting queries – Please call the number on your appointment letter

Clinical queries – Hemel Hempstead 01442 287968

Any other query – Hemel Hempstead 01442 287681

If you need this leaflet in another language, large print, Braille or audio version,  
please call **01923 217 198** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)



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Ratified / Review Date	November 2023 / November 2026
ID Number	25-2182-V12



## What is oesophageal manometry and a 24-hour pH study?

Oesophageal manometry is a procedure to measure the strength and function of your oesophagus (gullet) and provides information about how the muscles in your throat and oesophagus work as food and liquids pass from the mouth to the stomach. A pH study measures the amount of acid coming back up into your gullet from the stomach.

The tests involve passing a plastic tube through the nose, down into the stomach and oesophagus and are performed for the following reasons:

- To evaluate the cause of reflux (regurgitation) of stomach acid back up into the oesophagus (gastro-oesophageal reflux or GORD).
- To document the amount of acid reflux in such cases.
- To determine the cause of swallowing difficulties.
- To determine the cause of chest pain thought not to be related to the heart.

## Preparation for the procedure

- **You should stop taking medication that controls acid in the stomach such as Omeprazole, Lansoprazole, Rabeprazole and other PPI drugs for seven days before the test.**
- **You should stop taking Famotidine, for four days before the test.**
- Antacids such as Gaviscon/Rennie should be stopped 48 hours before the test.
- You should continue taking the rest of your usual medication up until the day of the procedure. Blood thinning medication need not be stopped.
- **This investigation must be done on an empty stomach.** If you have a morning appointment you must not eat anything after midnight the night before but can drink clear fluids up to 7am on the morning of the investigation. If you have an afternoon appointment, you must not eat anything after 7am but can drink clear fluids up to 11.30am. If you are taking diabetic medication you can contact your GP or nurse specialist for advice.
- On arrival at the endoscopy unit you will be booked in by a nurse, who will take details of your medical history and any medications you take. **Please bring a list of your medications with you.**

## What will happen during the test?

- You may opt for a local anaesthetic spray into one your nostrils, which will taste unpleasant but will not be painful.
- A flexible plastic tube is passed through the nose, over the back of the throat and into the stomach. You will be asked to drink a small amount of water through a straw to help the tube go down. This part of the procedure is sometimes a little uncomfortable and can make patients cough or gag but will only last a minute or so.
- Once the tube is in position, the doctor or nurse will use a syringe to squirt a small amount of water into your mouth which you will then be asked to swallow. This will be repeated about ten times.
- The tube is then removed, which does not hurt and this part of the examination is complete. This should all take no longer than 20 minutes.

- A second, smaller plastic tube is passed down in an identical manner to the first. This tube comes out of your nose and the other end is attached to a recording device which is worn on a belt. This tube stays in place for 24 hours.

### **What happens after the test?**

- Because your throat has been numbed, you need to wait 20 minutes before eating or drinking.
- You are able to drive straight away.
- You should have as normal a day as possible - eating, drinking, working and exercising normally. **You should not get the recording device wet.**
- You should return to the Endoscopy department the next day for the tube to be removed.

### **When will I get the results of the procedure?**

The results will not be available straight away. The results will be analysed and a report sent to the doctor who referred you.

### **Are there any risks?**

Oesophageal Manometry and 24-hr pH study is a very safe procedure, side effects are minor. Some people experience a sore throat for a day or so afterwards and this can be treated with simple throat lozenges. Other rare side-effects include nosebleeds or sinus problems, which are usually mild and short-lived.

Occasionally people are unable to tolerate the tube being passed over the back of the throat and it is not possible to do the test.

Although oesophageal manometry is a very sensitive test, no procedure is 100% accurate and there is a small chance that abnormalities can be missed.

If you are worried about any of these risks, please speak to your doctor or a member of the team before you are due to have this procedure.

### **Are there any alternatives?**

Your doctor has recommended oesophageal manometry and 24-hr pH study as it is the best way of diagnosing your acid reflux problems. As an alternative it may be possible to attach a sensor to the lining of your gullet using a flexible camera passed through your mouth (gastroscopy). You would need to discuss this alternative with your doctor as there is a small risk of bleeding or perforation, this may happen once in every 5000 procedures. Although oesophageal manometry and 24-hr pH study is a very sensitive test, no procedure is 100% accurate and there is a small chance that abnormalities can be missed. If you are worried about any of these risks, please speak to your doctor or a member of the team before you are due to have this procedure.

### **What happens if I decide not to have oesophageal manometry and 24-hr pH study?**

Your doctor may not be able to confirm the cause of the problem. If you decide not to have oesophageal manometry and 24-hr pH study, you should discuss this carefully with your doctor.

### **Who can I contact if I have any questions?**

Booking and interpreting queries – Please call the number on your appointment letter

Clinical queries – Please call Hemel Hempstead 01442 287968.

### **If after the investigation you experience severe tummy pain, swelling in the neck or chest pain please telephone:**

- Accident and Emergency at Watford General Hospital on **01923 217 256** or your nearest Accident and Emergency.
- Please note: there is **NO** Accident and Emergency at Hemel Hempstead or St Albans City Hospitals.

**Other sources of information: [www.bsg.org.uk](http://www.bsg.org.uk)**