

Oesophageal function test (manometry)

Why is this test done?

Oesophageal manometry is used to investigate various disorders of the food pipe. The most typical symptoms of such disorders are chest pain, difficulty swallowing, and heartburn.

How should I prepare for the test?

- You should refrain from eating and drinking for at least **five hours** before the test.
- Bring along a list of the medications you are using.

How is this test done?

We will insert a measurement catheter into your food pipe through your nostril. The catheter will be about five millimetres thick and tipped with a gel anaesthetic. We will give you a cup of water and a straw so that you can take small gulps of water to help the catheter go down as we carefully advance it. When the tip of the catheter reaches your stomach, we will tape the other end to your cheek next to your nose.

Then you will lie down and we will give you small amounts of water through a syringe, observing the waves of contraction in your food pipe as you swallow. Finally, in a seated position, you will drink a cup of water and perhaps eat some berry purée and crispbread.

How long will the test last?

The test takes about 60 minutes.

What happens after the test?

You may eat and drink normally immediately after the test.

Where can I get the test results?

The ward or clinic that is treating you will tell you about the test results.

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