

# Oesophageal manometry

## What is oesophageal manometry?

Oesophageal manometry is a diagnostic test that measures how well your oesophagus (food pipe) works. It evaluates the strength and coordination of the muscles in your oesophagus and the function of the lower oesophageal sphincter (LOS), the valve that connects your oesophagus to your stomach. The procedure involves inserting a thin, flexible tube through your nose and into your oesophagus, where tiny sensors measure the pressure and muscle contractions as you swallow. This information helps assess how well the muscles in your oesophagus are working and whether the LOS is functioning properly. This test is often performed alongside **oesophageal pH monitoring**, which measures acid levels in the oesophagus to assess reflux.

## Why might you need oesophageal manometry?

Your doctor may recommend oesophageal manometry if you are having trouble swallowing, chest pain that is not related to your heart, persistent acid reflux or heartburn that doesn't improve with treatment, or regurgitation of food or fluids. It is also often performed before procedures like fundoplication (surgery to treat acid reflux) to ensure your oesophagus is functioning well enough for the procedure to be effective.

## How do you prepare for oesophageal manometry?

To prepare for the procedure, do not eat or drink anything for at least 6 hours before your appointment. This ensures your stomach and oesophagus are empty, which helps the test results be more accurate. Inform your doctor about any medications you are taking. Some medications may need to be stopped temporarily before the test, especially those that affect muscle movement or stomach acid production.

## What happens during the procedure?

Oesophageal manometry is a relatively quick procedure, typically lasting 15-30 minutes. You will be seated or asked to lie down during the test. A numbing gel or spray will be applied to your nose to minimise discomfort. A thin, flexible tube is gently passed through your nose and down into your oesophagus. You may feel a brief gagging sensation as the tube passes your throat. Once the tube is in place, you will be asked to take small sips of water while the sensors measure the muscle contractions in your oesophagus as you swallow. The procedure is not painful, but you may feel a little uncomfortable. You can return to your normal activities immediately after the test.

## What do the results show?

Oesophageal manometry provides valuable information about the function of your oesophagus and LOS, including the strength and coordination of muscle contractions in your oesophagus, how well the LOS opens and closes, and any abnormalities in oesophageal movement, such as spasms or weakness. Your doctor will review the results and explain what they mean for your symptoms or treatment plan.

## Are there any risks?

Oesophageal manometry is a safe procedure with minimal risks. You may experience mild side effects such as a sore throat or nasal discomfort for a few hours after the test, or rarely, minor nosebleeds or gagging during the procedure. If you have any concerns, our team is here to help and ensure your comfort throughout the process.

## How can oesophageal manometry help?

Oesophageal manometry is an essential tool for diagnosing and managing conditions affecting the oesophagus. By identifying the cause of your symptoms, this test allows your doctor to create a personalised treatment plan, whether that involves medications, lifestyle changes, or further interventions.

## Why choose Birmingham Endoscopy Clinic?

At Birmingham Endoscopy Clinic, we offer oesophageal manometry using state-of-the-art equipment and expert care. Our experienced team ensures the procedure is as comfortable as possible and provides clear explanations at every step. We are committed to helping you achieve the best possible outcomes for your health.

## Contact us

If you are experiencing swallowing difficulties, acid reflux, or other oesophageal symptoms, contact Birmingham Endoscopy Clinic today to book your consultation. Early diagnosis and effective treatment can help you improve your quality of life.