



How to Prepare for Your Esophageal Manometry

IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least **SEVEN DAYS** notice so another patient can be offered the time slot.

Follow all of the instructions in this handout **EXACTLY** as they are written. If you do **NOT** follow the directions, your test will need to be rescheduled.

Key Instructions:

- Several types of medications may need to be stopped **FOR 24 HOURS** before the test. See the medication section below for details.
- **Do not eat or drink for 8 hours before your test**

PREPARING FOR YOUR PROCEDURE:

Medications

Some of the medicines you take may need to be stopped or adjusted before your test.

- If you take nifedipine (Procardia), felodipine (Plendil), diltiazem (Cardizem), amlodipine (Norvasc), verapamil (Calan), hydralazine, or isosorbide dinitrate (Isordil, BiDil), **you MUST call 708-216-0464 at least 7 days before your test** for medication orders. These medications may need to be stopped **FOR 24 HOURS** before the test.
- **STOP** pro-motility medications such as Reglan (metoclopramide), Motilium (domperidone), erythromycin, and azithromycin **FOR 24 HOURS** before the test.
- On the morning of the test, you can take your regular medications as you normally would with sips of water.

7 days before your procedure

- Several types of medications may need to be stopped starting up to **24 HOURS BEFORE** the test. See the medication section above for details.
- Call **708-216-0464** if you are unable to keep your appointment and need to reschedule.

The day of your procedure

- **Do NOT eat or drink anything for 8 hours before your scheduled appointment time.**
- You may take your morning medications with sips of water.
- You should arrive to the GI Lab 30 minutes prior to your scheduled procedure time.
- If you have had a broken nose, surgeries on your nose or a deviated septum please tell the nursing staff before starting the procedure.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

After the procedure

- You may drive yourself home, eat and go about your normal activity after the procedure is completed.

Questions:

If you have any questions about preparing for your procedure, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow on Call

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This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at **www.loyolamedicine.org**

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2160 S. First Ave. ▪ Maywood, IL 60153
888-584-7888 ▪ loyolamedicine.org