

What is Esophageal Manometry Testing?

The term “manometry” refers to the measurement of pressure. Esophageal manometry testing allows your doctor to measure the strength and coordination of the squeeze (or contraction) of the esophagus when swallowing. The esophagus is the muscular tube that connects the mouth to the stomach. Your doctor will use a thin and flexible tube with sensors on it. The sensors measure the function of the esophagus and the muscles at the top and bottom of the esophagus called the “esophageal sphincters”, as you swallow food and liquids.

How is the test performed?

Esophageal manometry testing is an outpatient procedure, completed at the Primary Children's Procedure Center. Your child will not have to be admitted to the hospital or stay overnight. You may be asked to discontinue some medications a few days prior to the test. The scheduling team or motility nurse will provide you with these instructions when your child is scheduled for testing. You may be asked to bring food items that have previously caused symptoms. This will allow the doctor to observe esophageal function while eating these foods.

Esophageal manometry testing is generally very well tolerated, although placement of the catheter can be uncomfortable. The test usually lasts around 30 minutes. A child life specialist may be available to help distract a nervous child, if needed, during the procedure. The procedure is performed with the patient sitting up and awake. A thin, lubricated catheter will be passed through the nose, down the esophagus, and into the stomach. Your child will be asked to drink and eat various liquids and foods to test their swallowing. The catheter measures the pressure of the muscles of the esophagus while swallowing these items.

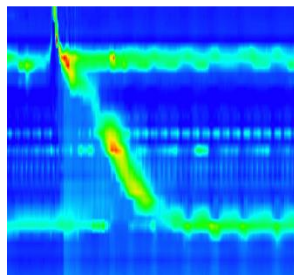
What happens after the test?

When the test is complete, the catheter is removed, and you can go home. Your doctor will let you know the results of the test within 1-2 weeks and will make any changes to the care plan as needed.

What instruments might I see on the day of the test?



Computer



Pressure Tracings



**Esophageal
Manometry Catheter**