

Esophageal Manometry

Esophageal manometry is a test that shows whether your child's esophagus is working properly by measuring the pressures and pattern of muscle contractions in the esophagus. When you swallow, your esophagus contracts and pushes food into your stomach. Esophageal manometry measures the contractions. The test also measures the force and coordination of esophageal muscles as they move food to your stomach.

Preparation for an Esophageal Manometry

Nothing to eat or drink 8 hours before the test.

What to expect during the test?

- While sitting up, a member of your health care team may spray the throat and/or nose with a numbing medication or puts numbing gel in their nose or both.
- A catheter is guided through the nose into the esophagus. The catheter may be covered by a water-filled sleeve. It does not interfere with their breathing. However, their eyes might water, and they might gag. A slight nosebleed from irritation is not uncommon.
- After the catheter is in place, your child will be asked to lie on their back on an exam table or remain seated.
- Your child will then have to swallow small sips of water. As they do, a computer connected to the catheter records the pressure, speed, and pattern of their esophageal muscle contractions.
- During the test, your child will be asked to breathe slowly and smoothly, remain as still as possible, and swallow only when asked to do so.
- They may then be asked to take bites of food with varying consistencies; like crackers, pudding and/or other specific foods that may cause symptoms. Please bring the foods that cause the symptoms your child is experiencing. They will be asked to eat these during the study.
- A member of the health care team might move the catheter up or down into their stomach while the catheter continues its measurements.
- When the study is completed, the catheter is slowly withdrawn.

What you may experience after the Esophageal Manometry

After the Esophageal Manometry, your child may experience mild side effects which typically resolve within hours. These may include sore throat, stuffy nose, or minor nosebleeds. If you have any questions, please feel free to message our office or call (330) 543-4488.