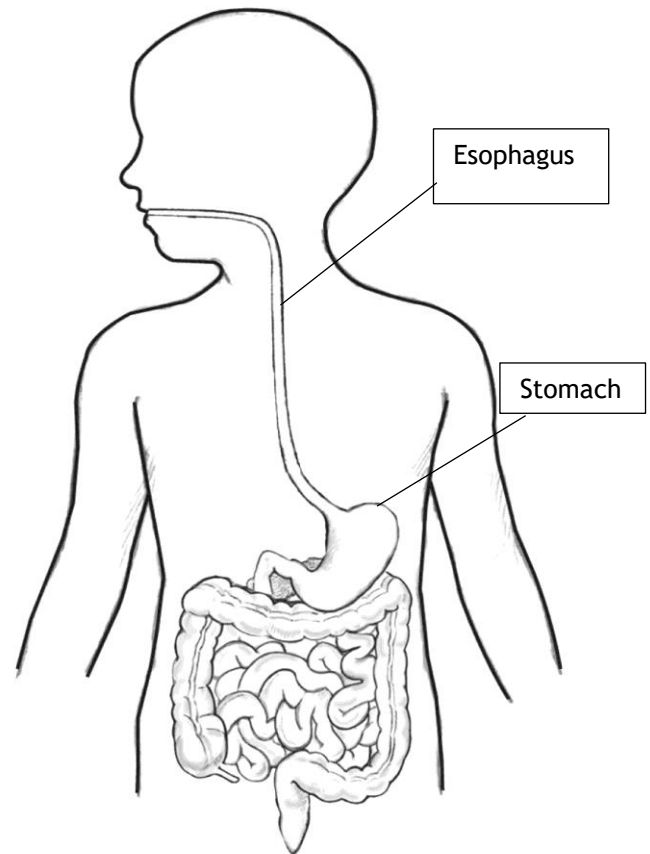


Esophageal Manometry

What is esophageal manometry?

The doctor recommends an esophageal manometry study for your child. Esophageal manometry is a study that looks at how the muscles and nerves in the esophagus work. The esophagus is a long muscular tube that connects the throat to the stomach. When a person swallows, the muscles in the esophagus contract (squeezes) food from their mouth into the stomach. This study measures how strong contractions are. It also shows how well these muscles work together to move food. The doctor may order this study if your child has:

- nausea and vomiting for a long period of time.
- problems swallowing.
- feeling of food sticking in the throat.
- chest pain not related to the heart.



What happens during the study?

Your care team for this study will include a nurse, a child life specialist, and a doctor.

Your child's study will be done in the gastroenterology (GI) clinic procedure room.

1. A nurse will apply a small amount of numbing jelly or spray inside the nose.
2. A thin, flexible, well lubricated catheter (tube) will be passed through the nose. It will go down the esophagus and into the stomach. The catheter has sensors that read the pressure in your child's esophagus. They show if the muscles and nerves are working. A machine connects to the catheter. The machine that collects data for your doctor to review.
3. Your child will have to swallow liquids and solids during the study. The team will watch and collects data from the manometry machine.
4. At the end of the study, the medical staff will remove the catheter. The team will provide results and a plan for follow-up.

How should you prepare for esophageal manometry?

Your child should not eat or drink anything starting two hours before the study. Please bring the following items to your appointment:

1. Gatorade (any color except red).
2. Applesauce or yogurt.
3. Saltine crackers or graham crackers

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4. If your child struggles to swallow solid food, please bring a small amount to the appointment.

Please arrive early for your appointment. This allows time for parking and checking in.

Glossary

Catheter: A small, flexible tube used for medical procedures.

Digestive Tract: The long tube that begins at the mouth and ends at the anus. It helps the body process food and get rid of waste.

Esophagus: The muscular tube in the digestive tract that moves food from the back of your throat to the stomach.

Esophageal Manometry: A test that studies how the muscle and nerves work in the esophagus.

Gastrointestinal Motility: The movement of food from the mouth through the throat, esophagus, stomach, intestines, and then out of the body.

For more information, contact the Gastroenterology (GI) motility nurses at **(323) 361-4551**. Our schedulers will contact you to set up the procedure.

***Sources available upon request.**