



### **Esophageal Motility (Manometry) and 24-Hour Ambulatory (Bravo) pH Studies**

Your doctor has scheduled you for an Esophageal Motility (Manometry) study and/or 24-hour Ambulatory (Bravo) pH study. These tests are designed to evaluate the function of the esophagus, the muscular tube that carries food from your mouth to your stomach, and to measure the amount of acid that refluxes from your stomach into your esophagus over the course of a typical day. Abnormal function of the esophagus and excessive acid reflux can result in symptoms such as heartburn, chest pain and asthma.

The first part of the test, the Esophageal Motility Study, involves passing a small caliber, soft tube through your nose into your esophagus. Once the tube is in position in your esophagus, you will be asked to swallow some water while laying down. A computer then analyzes how your esophagus contracts with each swallow of water. This portion of the test takes about twenty (20) minutes in total.

Once this portion of the test is completed the tube is removed and replaced with a significantly smaller catheter, which is passed through the esophagus through the nose. The smaller catheter is used for the 24-hour Ambulatory (Bravo) pH Study, it's held in place by tape on your nose and face. This catheter is attached to a recording device that is about the size of a iPod. You will carry the device with you over the course of the day, and you will also sleep with it by your beside before returning to the GI Unit on the following day to have it removed. During the course of the day you may be asked to keep track of any symptoms that you might have in a simple diary that we will provide you with. You should still be able to eat normally and carry on with your day per usual throughout the course of the day. You will not, however, be able to shower while the monitoring equipment is in place.

*Not all patients will have the pH portion of the test; this will be discussed with you when the test is booked.*

#### **PREPARATION FOR THE TEST**

- You are asked not to have any food after midnight on the night prior to your test.
- Do not wear any cosmetics.
- You may not have breakfast on the day of your exam.
- You are allowed to take your necessary medications with a small amount of water.
- Your physician will instruct you on which medications you can take.

#### ***If you are having the 24-hour pH probe study***

#### **THE DAY OF PH TESTING STOP TAKING:**

- Calcium Carbonate Antacids' (i.e. Dicarbosil, Rolaids, Titalac, Tums)

#### **14 DAYS PRIOR TO PH PROBE STUDY STOP TAKING:**

- P.P.I. Medications (i.e. Prilosec, Omeprazole, Nexium, Protonix, Prevacid, Pantoprazole)

***Please report to the Endoscopy Unit at least one hour prior to your scheduled appointment time. If for any reason you need to reschedule your appointment or if you have any questions please do not hesitate to give the office a call at (781) 762-2600.***