

Step-by-Step Guide to Esophageal Manometry



A step by step guide to oesophageal manometry: A laboratory manual for performing and interpreting high-resolution oesophageal manometry by Benny Christen Grandahl

★★★★☆ 4.6 out of 5

Language : English
File size : 31262 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 78 pages
Lending : Enabled



Esophageal manometry is a procedure that measures the pressure in your esophagus. It can help diagnose swallowing disorders and other problems with your esophagus.

The esophagus is a muscular tube that carries food and liquid from your mouth to your stomach. It is lined with a mucous membrane that helps to protect it from damage.

Esophageal manometry is performed by passing a thin, flexible tube through your nose and down into your esophagus. The tube has a sensor at the end that measures the pressure in your esophagus.

The procedure usually takes about 30 minutes. You will be asked to lie on your back on a table. The doctor will insert the tube into your nose and

guide it down into your esophagus.

Once the tube is in place, the doctor will ask you to swallow several times. The sensor will measure the pressure in your esophagus as you swallow.

The doctor will then remove the tube and review the results of the test.

Why is esophageal manometry performed?

Esophageal manometry is performed to diagnose swallowing disorders and other problems with your esophagus. These problems can include:

- **Achalasia:** A condition in which the muscles in your esophagus do not relax properly, making it difficult to swallow.
- **Diffuse esophageal spasm:** A condition in which the muscles in your esophagus contract abnormally, causing pain and difficulty swallowing.
- **Esophageal stricture:** A narrowing of the esophagus that can make it difficult to swallow.
- **Gastroesophageal reflux disease (GERD):** A condition in which stomach acid flows back into your esophagus, causing heartburn and other symptoms.

How do I prepare for esophageal manometry?

You will need to fast for 8 hours before the procedure. This means that you cannot eat or drink anything, including water.

You should also tell your doctor if you are taking any medications, as some medications can interfere with the test results.

What are the risks of esophageal manometry?

Esophageal manometry is a safe procedure. However, there are some risks, including:

- Nosebleeds
- Sore throat
- Nausea
- Vomiting
- Aspiration

What are the benefits of esophageal manometry?

Esophageal manometry can help diagnose swallowing disorders and other problems with your esophagus. This can lead to treatment that can improve your symptoms and quality of life.

What happens after esophageal manometry?

After the procedure, you will be taken to a recovery room where you will be monitored for any complications. You will be able to go home the same day.

You may experience some discomfort for a few days after the procedure. This can include a sore throat, nausea, and vomiting. You can take over-the-counter pain medication to relieve these symptoms.

You should call your doctor if you experience any of the following symptoms after the procedure:

- Fever

- Chills
- Severe pain
- Difficulty swallowing
- Vomiting blood

Esophageal manometry is a safe and effective procedure that can help diagnose swallowing disorders and other problems with your esophagus. This can lead to treatment that can improve your symptoms and quality of life.



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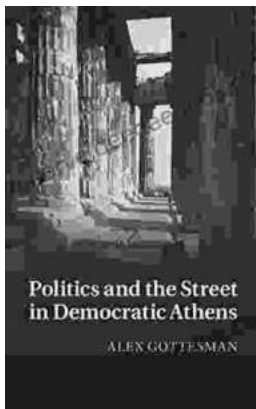
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