

WASHINGTON GASTROENTEROLOGY

Digestive Health Specialists Division

ESOPHAGEAL MOTILITY STUDY

Your physician has requested that this study be done for you.

Your appointment is scheduled on:

Date _____ Day _____ Check-in Time _____

- 33915 1st Way S., Suite 200, Federal Way, WA 98003 | p. 253.838.9839
- 1703 S. Meridian, Suite 305, Puyallup, WA 98371 | p. 253.841.3933

On the day of your exam, do not eat any solid foods or liquids during the 3 hours prior to your check-in time. Please take all of your usual medications with a sip of water.

Esophageal Motility Study is used to assess esophageal function. It can show muscle function abnormalities that may result in heartburn, chest pain, difficulty swallowing, hoarseness, coughing or nausea and vomiting. This information will assist your physician in planning treatment for your particular health problem. This study is also requested prior to hiatal hernia or anti-reflux surgery. This examination usually lasts 15 minutes. Your total appointment time will be about 45 minutes.

Your procedure will take place in an examination room. No sedation is given for this exam. A nurse will spray your throat with a topical anesthetic; he/she will use an anesthetic lubricant on a small flexible tube. This tube is about half the diameter of a pencil. This tube is gently placed into one nostril and guided into the esophagus and stomach while you are seated. Once it is in place, you will lie down on an examination table. You do not have to remove your clothing, and you may have a companion with you.

During the exam, the probe will be taped to your nose and a baseline measurement taken. You will then be given ten swallows of Gatorade, one teaspoon at a time. When these are obtained, you will sit up and eat some crackers. Then the probe will be removed. If you are also having a 24-hour pH study, that probe will then be placed and secured.

After the examination, you may drive yourself home, eat and go about your usual activities.

Esophageal motility studies are very **low risk procedures**, when performed by competent individuals. It is possible that a perforation (tearing) or bleeding of the gastrointestinal tract wall could occur. Other risks include drug reactions or complications from other medical problems you may already have. Equipment failure or death are extremely unlikely, but remain remote possibilities.

A nurse from Washington Gastroenterology, Digestive Health Specialists Division will contact you a few days prior to your appointment. He/she will confirm your exam time and answer any questions you may have.

Contact us for any concern you might have, both before and after your appointment. You can contact the nurse clinician by calling 253.272.5127.