

“My doctor says I need an esophageal motility study. What should I expect?”

What is an Esophageal Motility Study?

An Esophageal Motility Study is a diagnostic test that will evaluate the function of your esophagus. The esophagus is a muscular hollow tube that transports food from your mouth to your stomach.

The study is performed to help identify causes for various symptoms such as difficulty in swallowing and/or chest pain. It is also performed before certain medical procedures such as anti-reflux surgery.

When you undergo an esophageal motility study, the pressure along the length of your esophagus will be measured. The pattern in which your esophagus contracts to push food into the stomach will also be measured. Your doctor will use these measurements to determine the best plan for you.

Preparing for the Study

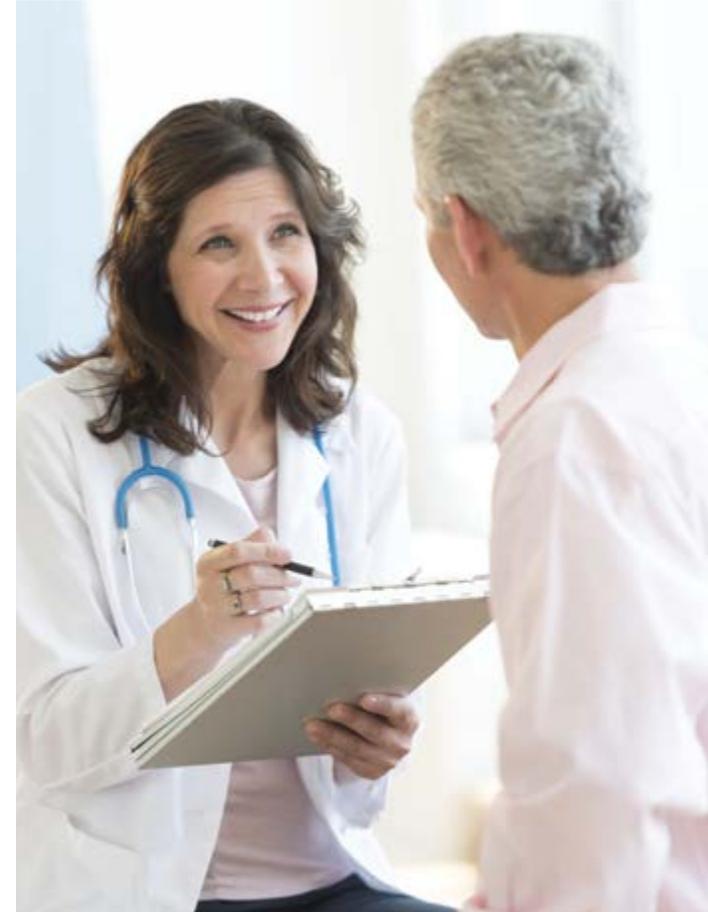
To properly prepare for your esophageal motility study and ensure accurate results, you may need to make changes to your daily routine. Your doctor or nurse will provide you with specific instructions. Please check with your doctor to ensure that you are not taking anything that may affect your study. In order to achieve accurate study results, your doctors may ask you to temporarily discontinue certain medications.

Study Information

The study involves having a small flexible tube gently inserted through your nose into the esophagus. You may feel a little pressure in your nose or a minor amount of throat irritation as the tube is passed. This sensation will subside once the tube is positioned. The tube will be secured at your nose and attached to a recording device.

You will be asked to swallow fluids at different times during the study to evaluate the function of your esophagus.

During the study you will be able to talk and swallow normally, but you should try to talk and swallow only when instructed.



- You will be able to drive yourself home.
- Your doctor will review the test results and discuss them with you at a later date.