

# PLEASE READ

*IF APPOINTMENT IS NOT CONFIRMED WITH NURSE 2 WEEKS BEFORE, IT WILL BE CANCELLED.*

## Pre-appointment Information: Esophageal Manometry

You are scheduled for an Esophageal Manometry procedure at the UCSF Medical Center for the Study of Esophageal Motility. This procedure will last approximately 1 hour, during which a small, flexible catheter will be inserted through your nose and into your stomach. The purpose of this test is to assess the function of your esophagus and the location of the lower esophageal sphincter. We will administer a local anesthetic that will numb your nose and throat, however, you will not be sedated and will not require special transportation to and from UCSF.

### PREPARATIONS AND INSTRUCTIONS:

- 1) *Do not eat or drink anything 6 hours prior to your appointment.*
- 2) Please refrain from applying any makeup or lotion to your face (eye makeup okay) on the day of your appointment.
- 3) Please bring with you the results of any upper gastrointestinal diagnostic studies you may have undergone, e.g. endoscopy, and barium esophagram.

Certain medications affect the function of the esophagus and may need to be discontinued prior to the procedure. *If these medications are not stopped the procedure will have to be rescheduled.*

IMPORTANT: Please review the following medication list and check with your physician to make sure it is safe for you to discontinue their use as stated below:

*PLEASE REPORT TO NURSE IF TAKING ANY OF THE FOLLOWING MEDICATIONS AT THE TIME OF YOUR MANOMETRY APPOINTMENT.*

- Nitrates, some examples listed but not limited to the following: Nitroglycerin tablets, Nitropaste or patches, Isordil.
- Calcium channel-blockers, some examples listed but not limited to the following: Diltiazem (Cardizem), Adalat, Procardia (Nifedipine), Verapamil (Calan, Isoptin), Norvasc (Amlodipine).

### *STOP TAKING 5 DAYS PRIOR TO YOUR APPOINTMENT:*

- Anti-cholinergics, some examples listed but not limited to the following: Bethanechol (Urecholine), Propulsid (Cisaprid), Metoclopramide (Reglan).

### *STOP TAKING 2 DAYS PRIOR TO YOUR APPOINTMENT:*

- Sedatives, some examples listed but not limited to the following: Ativan, Benadryl, Valium, Versed, Xanax, etc.
- Pain Medications (Narcotics), some examples listed but not limited to the following: Vicodin, Norco, Lortab, Codeine, Hydrocodone, Oxycodone, Percocet, MS Contin, Duragesic patches, etc.
- Other: Marijuana, alcohol, other recreational drugs.

*To cancel or reschedule, please call 415.502.4444 at least 48 hours in advance. Due to high volume, patients will not be rescheduled if they do not show up for a motility clinic visit.*