

# High Resolution Oesophageal Manometry and pH Studies

This leaflet explains more about Oesophageal Manometry and pH Studies, including the benefits, risks and any alternatives and what you can expect when you come to hospital

If you have any further questions, please speak to a doctor or nurse caring for you.

## What are Oesophageal Manometry and pH Studies?

Oesophageal manometry assesses the function of the oesophagus (gullet). This involves measuring the pressure in your oesophagus. pH studies assess if acid is travelling up from your stomach into your oesophagus. Patients are usually referred for these investigations because they have a certain type of symptoms. These typically include heartburn, regurgitation, difficulty swallowing, belching or persistent cough. This test takes place at the Nelson Health Centre, Wimbledon.

## Why should I have Oesophageal Manometry and pH Studies?

The benefits of these investigations help the doctor to correctly diagnose your problem and determine the correct treatment plan for you. It is also a pre-operative requirement for patients considering certain operations including anti-reflux surgery.

## What are the risks?

You may experience a small amount of bleeding from the nose, discomfort, possible retching from inserting the tube and a sore throat after the procedure. These will be temporary and usually stop as the tube is taken out or shortly after the procedure. Due to the current pandemic there is also a risk of COVID-19 infection as the procedure takes place in a healthcare facility.

## Are there any alternatives?

A Barium swallow can be used instead of oesophageal manometry, however this is a much less sensitive test and does not provide the same information. The alternative for pH studies involves inserting a capsule called a Bravo capsule into the oesophageal wall.

## Extra precautions taken due to COVID-19

All patients are required to have a COVID-19 nasal swab test three days before their oesophageal manometry procedure. This takes place at the NHS 111 Coronavirus Pod in the Bence-Jones Unit at St. George's Hospital. The pod can be found on the perimeter wall of the hospital, you do not need to enter the main hospital building. This test detects a current

COVID-19 infection and does not test for antibodies. A member of the swabbing team will contact you separately to arrange your swab appointment. If you do not hear from us, assume the test is negative and it is safe to come for your oesophageal manometry appointment at the allotted time. If the COVID-19 swab is positive you must shield for 14 days following government instructions and your test will be postponed.

## How can I prepare for Oesophageal Manometry and pH studies?

**A week before:** Stop any acid suppression medicine such as **omeprazole** (Losec), **esomeprazole** (Nexium), **lansoprazole** (Zoton), **pantoprazole** (Protium) or **ranitidine** (Zantac)

**On the day of the test:** Do not eat six hours before the test and do not drink for four hours before the test. Please do not wear make-up or heavy face cream on the day of the test and please bring a list of your medications with you.

## Asking for your consent

It is important that you feel involved in decisions about your care. For this investigation we take consent. You will be asked to sign a consent form to say that you agree to have the investigation and understand what it involves. You can withdraw your consent at any time, even if you have said 'yes' previously. If you would like more details about our consent process, please ask for a copy of our policy using the contact details provided at the end of this document.

## What happens during the test?

In most cases there are two parts to the test. The first part of the test is the oesophageal manometry. Firstly your nose is sprayed with a local anaesthetic which numbs the nose. A thin tube is passed gently into the stomach via your nose as you sip some water. The process takes around 15 minutes, after which the tube is gently removed.

The pH study is the second part of the test which occurs directly after the first test. A finer tube is gently passed into your oesophagus via your nostril and secured to the side of your face. This tube stays in for 24 hours so you go home with it in. Once the 24 hours is over you can either cut the tube and remove it yourself or come into the department and we will remove it for you.

If you choose to remove the tube yourself you must return the device to the Endoscopy reception on the same day so the test can be examined.

## What happens if I do not stop my acid suppression medicine?

We may be unable to perform the 24 hour pH study and your appointment may be cancelled on the day and rearranged. If you feel you are unable to stop your medication please get in contact with us in good time beforehand. You are allowed to take Gaviscon and Rennies until the day before the test.

## Will I feel any pain?

The test is more likely to be uncomfortable rather than painful. The anaesthetic spray will reduce any sensation of the tube when it is inserted.

## Will I be able to eat and drink as normal?

Yes – we encourage you to carry out your daily activities as close as possible to normal.

## Will I be able to sleep?

Yes – You can place the recorder, still attached to you, under your pillow or on a bedside table. As the machine is not waterproof you will not be able to have a shower or bath with the recorder.

## What happens after the test?

You are able to drive home after the test and we encourage you to resume normal life whilst the tube is in situ. You are not recommended to take your acid suppression medication during the 24 hour monitoring period. This can be continued when the 24 hour tube has been removed.

## Will I have a follow-up appointment?

You will have a follow-up appointment scheduled with your referring consultant who will go through the results with you.

## Keeping you safe during COVID-19

It is our priority to keep patients and staff safe during the COVID-19 pandemic. Please be reassured that we are taking every precaution to reduce the risk of COVID-19 transmission during your appointment. As a result, your appointment may take slightly longer or be delayed to give staff sufficient time to ensure safe practice is achieved.

## Useful addresses

### **NHS 111 Coronavirus Pod**

Bence-Jones Unit  
St. George's Hospital  
Blackshaw Road  
Tooting SW17 0QT

How to find the Bence Jones Unit: <https://www.stgeorges.nhs.uk/bencejones/>

### **Oesophageal Manometry and pH studies procedure**

#### **Outpatient Department, 1<sup>st</sup> Floor**

Nelson Health Centre  
Kingston Road  
Wimbledon SW20 8DA

## Useful sources of information

- **Primary Care Society for Gastroenterology** - 01865 226 757 - [www.pcsq.org.uk](http://www.pcsq.org.uk)
- **Oesophageal Patients Association** – [www.opa.org.uk](http://www.opa.org.uk)
- **Living With Reflux (Community Support Group)** – [www.livingwithreflux.org](http://www.livingwithreflux.org)

## Contact us

If you have any questions or concerns, please email us using [giphsiologyqueries@stgeorges.nhs.uk](mailto:giphsiologyqueries@stgeorges.nhs.uk), which is regularly checked. Alternatively, please contact Dr Jamal Hayat's secretary on 020 8725 3569 (Monday to Friday, 9am to 5pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer). **Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



Reference: GAS\_HROM\_01 Published: September 2020 Review date: September 2022