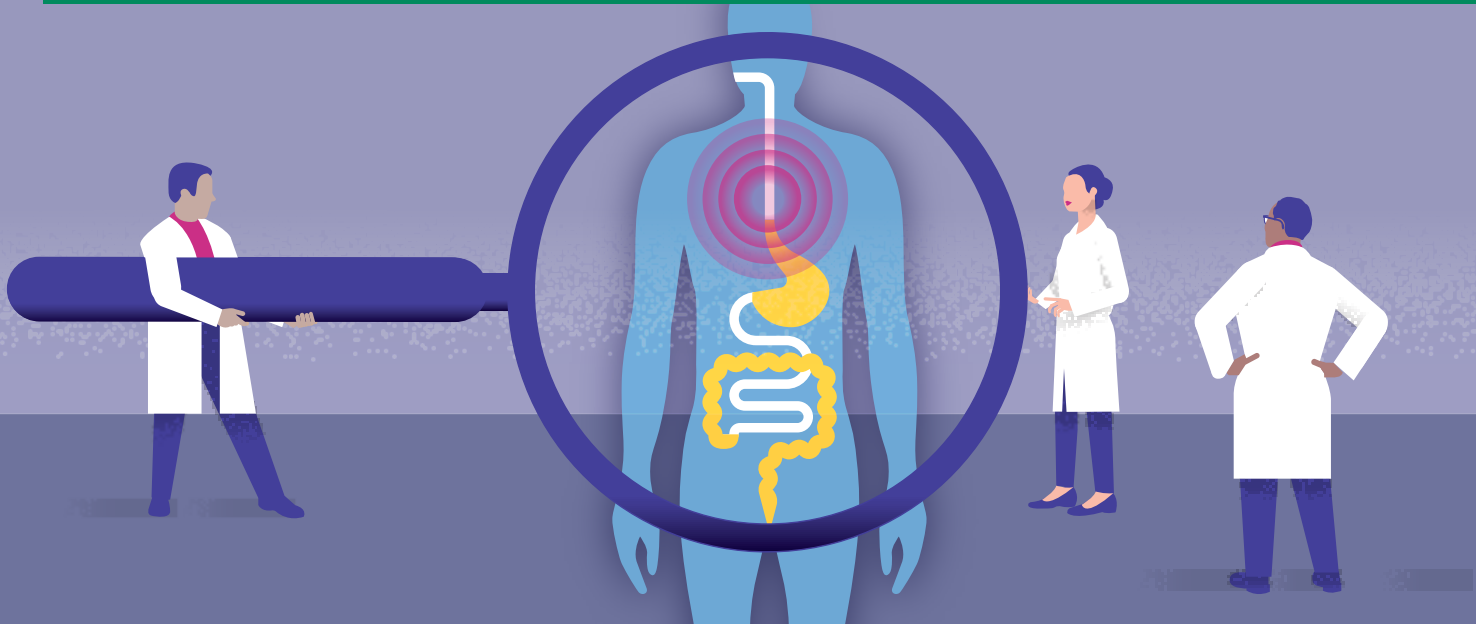


Esophageal Manometry with Catheter Placement During EGD



What is an upper endoscopy and what can I expect during the procedure?

An upper endoscopy, also known as an esophagogastroduodenoscopy (EGD), is a procedure that allows your doctor to examine the inside of your upper gastrointestinal (GI) tract: the esophagus (swallowing tube), stomach, and the duodenum (first portion of the small intestine). During the procedure, an endoscope, which is a long, flexible tube with a light and camera at the end is used to view the inside of your upper GI tract. During the endoscopy, the manometry catheter will be placed in the esophagus down the back of the throat to the stomach. You will be given sedation or anesthesia during this test. The upper endoscopy usually takes 10-15 minutes to complete.

What is esophageal manometry and what can I expect during the procedure?

After your EGD is completed and you are awake, the esophageal manometry test is done by a nurse. The catheter that was placed in the esophagus during the EGD is a thin, flexible catheter that has pressure sensors along its length. A nurse will connect it to a computer that displays and stores pressure information coming from the sensors. Esophageal function is evaluated by giving you small amounts of liquid, a jello-like material, and sometimes solid food to swallow. The catheter is removed at the end of the study, and the data are stored on a computer for analysis by gastroenterologists who are experts in esophageal diseases. The procedure takes about 30 minutes.



LOCATION Your upper endoscopy and manometry test will be performed at the location listed below.

UCLA Medical Center
200 UCLA Medical Plaza #320
Los Angeles, CA 90095

Date _____
Time _____

(Please check in 1 hour before procedure time)

Ronald Reagan UCLA Medical Center
757 Westwood Plaza, Admissions, Room 1314
Los Angeles, CA 90095

Date _____
Time _____

(Please check in 2 hours before procedure time)

How do I prepare for an upper endoscopy with esophageal manometry?



- DISCUSS MEDICATIONS and HEALTH CONDITIONS** you have with your doctor. Contact your **PRESCRIBING** provider for instructions on how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:
 - You will need to temporarily discontinue blood thinners prior to your procedure.
 - If you are diabetic, your medications may need to be adjusted.
 - You will need to temporarily stop taking GLP-1 medications (such as Ozempic or Trulicity) for diabetes and/or weight loss up to 7 days prior to your procedure.
 - Take your essential morning medications (including blood pressure medications), at least 4 hours prior to your procedure with a small amount of water.
 - Any non-prescribed over-the-counter supplements or medications can be temporarily discontinued until after the procedure.



- SCHEDULE** your upper endoscopy with esophageal manometry. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your procedure. Note: The PCC might also call you to schedule the procedure.



- ARRANGE** for a friend or family member to drive or accompany you home after the endoscopy because you will be drowsy from sedation, and it is unsafe for you to drive.
 - You must have an adult accompany you home the day of your procedure, even if you take a cab or ride-sharing service.
 - The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the appointment, your procedure will be rescheduled for your safety.
 - You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
 - If you are unable to find a responsible adult to accompany you and need a ride for the procedure, you may utilize a non-emergency medical transport company providing "door-to-door" service. Door-to-door transport service provides assistance entering and exiting the vehicle ensuring safe arrival at each destination. Please bring medical transport contact information with you the day of your procedure. Procedure Unit staff must be able to confirm this transportation upon admission, or your procedure may be cancelled. You can call your insurance to find out about what options are available to you. Expect to be at the unit 3 hours from check-in time.



- NIGHT BEFORE** your procedure, **do not eat solid foods** after 12:00 am (midnight). **Do not take any medications** after midnight unless your doctor has specifically asked that you take them (i.e. blood pressure medications). You may **only drink clear liquids** after midnight. Clear liquids consist only of liquids that you would be able to read a newspaper through.

CLEAR LIQUIDS INCLUDE:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

Do not consume any red-, purple-, or orange-colored liquids.



- THE MORNING OF YOUR TEST** there are medications that SHOULD NOT be taken on the day of the appointment until after the test is completed. These include:
 - Pain medicines: meperidine (Demerol), codeine, morphine, oxycodone and aspirin (Percodan) and oxycodone and acetaminophen (Percocet)
 - Sedatives or tranquilizers: diazepam (Valium), chlordiazepoxide and clindium (Librax), lorazepam (Ativan), amitriptyline (Elavil), chlorpromazine (Thorazine)
 - Antispasmodics: dicyclomine (Bentyl), Donnatal, hyoscyamine (Levsin), glycopyrrolate (Robinul)
 - Proton pump inhibitors: metoclopramide (Reglan), tegaserod (Zelnorm), erythromycin, domperidone (Motilium)



- 4 HOURS BEFORE** your procedure, **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS. This means that you should not have anything to eat or drink 4 hours before your upper endoscopy and onward.**

AFTER YOUR ESOPHAGEAL MANOMETRY

You will be able to leave with your driver/escort. Once home, you may resume your usual diet and medications unless otherwise directed by your physician.