



Patient & Family Guide  
2021

# Esophageal Motility Pressure Studies



[www.nshealth.ca](http://www.nshealth.ca)

# Esophageal Motility Pressure Studies

## Why is this test done?

This test is done so that your doctor can study the activity of the muscles and the pressure in your esophagus (swallowing tube).

## Where is the test done?

The test is done at the Victoria General site, Gastrointestinal (GI) Unit, 9 North. This is a special unit for digestive system tests.

### Outpatients

30 minutes before your appointment, register at the Kiosk located in the main entrance lobby or the Dickson Building entrance. Then check in at the reception desk on 9 North.

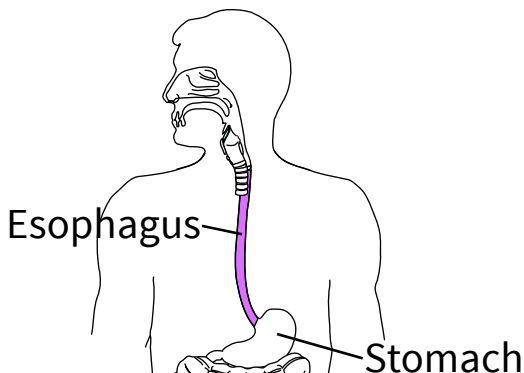
## How do I get ready for the test?

- Please do not use scented products before you visit the hospital (like perfume or scented deodorant).
- **Do not eat or drink after midnight the night before the test.** If your test is for noon or later, you may have a clear liquid breakfast (such as apple or grape juice, black tea **without milk**) before 8 a.m.

- If you take heart, stomach, or muscle relaxant medications, your doctor may ask you not to take them before the test. Your doctor will talk about this with you. Check with your doctor if you take pills or insulin for diabetes or a daily ASA or other blood thinners.
- Please bring a list of the medications you are taking.
- After you arrive in the GI Unit, the GI technician or nurse will talk about the test with you.
- You will be asked to sign a consent form.

## **How is the test done?**

- You will rest on a stretcher with your head slightly raised.
- The GI technician or nurse will explain the test as it goes along.
- You will not have any sedation (medicine to put you to sleep) as this would interfere (cause problems) with the results of the test.



- The GI technician or nurse will put a soft flexible tube through your nostril in your nose down into your esophagus. You may have some discomfort but the tube should not interfere with your breathing.
- The test will take about 1 hour.

## What will happen after the test?

You can go back to eating normally and your usual activities as soon as the test is over.

**What are your questions?  
Please ask. We are here to help you.**

### Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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The information in this pamphlet is to be updated every 3 years or as needed.