Your physician has requested that you have an esophageal motility study and an Impedance pH study.

An esophageal motility study is a procedure that measures how well the esophagus works in transporting food and liquid to your stomach. The esophagus is the tube that connects the mouth to the stomach. The procedure takes approximately 20-30 minutes. A small tube is passed through an anesthetized nose and swallowed down into the esophagus. The tube is anchored and several sips of water are given. Measurements of the esophagus are taken during the sips of water. The tube is removed and results are given to the patient by the physician.

The purpose an Impedance pH study is to determine how many times acid and non-acid content from your stomach migrates up into the esophagus. This is known as reflux. The test takes approximately 20-24 hrs. A tiny catheter the size of a spaghetti noodle is placed in your esophagus and is connected to a monitor box. You will need to return the following day to have the catheter removed. **Be aware you cannot shower during the study.** **This test is usually done when you are still taking your medication for reflux.**

Preparing for ESOPHAGEAL MOTILITY & IMPEDANCE pH STUDIES:

- Continue taking medication for reflux.
- Do not take medication for reflux ____ days prior.

24 HOURS BEFORE PROCEDURE: Do not take Reglan.
8 HOURS BEFORE: Do not eat or drink.

Please continue to take your acid suppression medication. If you are not sure if you are on acid suppression medicine, call the nurse at 615-322-1881.

If you have any questions regarding the test or instructions above please call the Endoscopy Nurse at (615) 322-1881.