

## Getting to The Royal London Hospital

### By Rail

The nearest mainline station is **Liverpool Street**.

### By Underground

The nearest underground station is **Whitechapel**, which is directly opposite the hospital's main entrance (**District**, **Hammersmith & City** and **East London** lines).

### By Bus

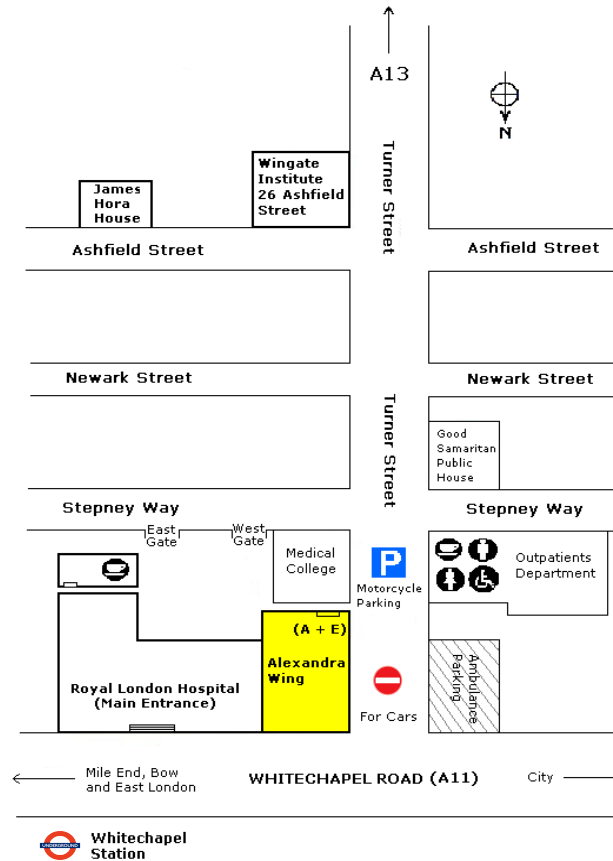
Routes **25, 106, 115, 205, 253, 254** and **D3** stop directly outside or close to the hospital.

### Car parking

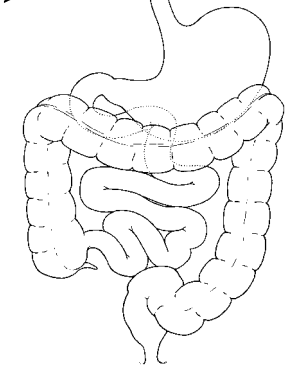
There are no dedicated car parking facilities for patients or visitors. However, there are a small number of public parking spaces for people with disabilities outside the hospital in Stepney Way. Metered parking bays are in operation in the streets surrounding the hospital.

## Finding the Endoscopy Unit

**From the main entrance**, go past the reception and take the first corridor on the right. Walk down the corridor until you come to the wooden staircase. Take the stairs or lift to the basement. The Herman Taylor Endoscopy Unit is to the left hand side of the staircase. Go to the departure lounge and tell the receptionist you have an appointment with GI Physiology.



# GI Physiology Unit



Barts and The London **NHS**  
NHS Trust

## PATIENT INFORMATION GUIDE

### on Oesophageal Manometry

GI PHYSIOLOGY UNIT  
3RD FLOOR, ALEXANDRA WING  
THE ROYAL LONDON HOSPITAL  
WHITECHAPEL  
LONDON E1 1BB  
TEL: 020 7377 7184  
FAX: 020 7337 7346

## cancelling Your Appointment

**If you cannot keep your appointment, please let us know as soon as possible. This will enable us to offer the appointment to another patient. Please remember that patients who fail to attend appointments not only waste hospital time but increase the waiting list for all patients.**

**Please phone 020 7377 7184 to change or cancel your appointment.**

**This leaflet is intended to answer some of the questions you may have about your forthcoming oesophageal manometry test. Please do not hesitate to ask if there is anything further you would like to know.**

### **Why do I need the test?**

The test measures the pressures and co-ordination of pressure activity within your gullet (oesophagus) when you swallow. From this, we can make an assessment of its function and determine if your symptoms are due to certain disorders of the oesophagus.

### **What should I expect?**

#### **Before the Test:**

You should not eat anything in the six hours before the test but you may continue to drink water up to one hour before the test.

You are advised to wear some loose fitting, comfortable clothes as you will be lying flat for 20 to 30 minutes during the test period and tight fitting clothes can interfere with the test.

#### **On Arrival:**

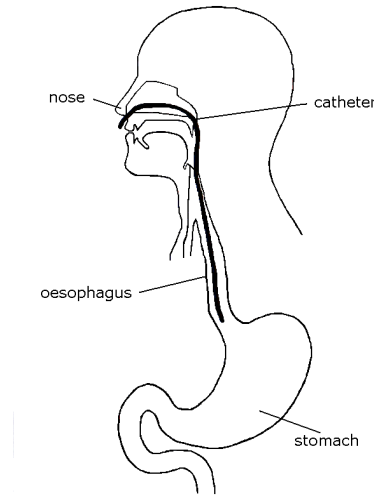
The clinical staff will explain the procedure to you and ask you to sign a consent form. This is to ensure that you understand the test and its implications.

You will also be asked a series of questions about your symptoms and the medication you have taken for them. This will help with the interpretation of the results. ***Please bring a list of your medication with you.***

#### **During the Test:**

You will be made comfortable on a couch, sitting upright. The investigator will then pass a very fine catheter with pressure sensors along its length through your nose and into your oesophagus. You will not be put to sleep or sedated in any way since you should feel only a slight discomfort from this. You will then be made comfortable lying flat on the couch and allowed to rest for 5 to 10 minutes.

The catheter is connected to a computer which displays and records the pressures in each sensor.



During the test period, we ask you to lie quietly and talk as little as possible. This is because talking can interfere with the measurements.

The catheter will then be very slowly withdrawn and measurements of pressure will be recorded a 1 cm intervals.

We will then give you small amounts of water (5ml) to swallow (wet swallows) so that we can observe the muscle contractions in the oesophagus. Up to twenty swallows may be given so that we can obtain an accurate assessment of this activity. You are asked to swallow normally and try not to swallow between the sample of water. After this the tube will be removed.

Depending on your symptoms and our findings, you may/may not have a 24 hour oesophageal pH test.

***The procedure will take approximately one hour after which you will be able to return to work.***

### **Will I be able to feel the catheter?**

You will be aware of the catheter in the back of your throat throughout the test. Although you may find it uncomfortable, it will not cause any pain.

### **When will I know the result?**

You will be told of any information that is immediately apparent but the recording needs to be carefully analysed before a diagnosis can be made. Your specialist will receive a copy of the final report, usually within two weeks of the test.

## **GLOSSARY OF TERMS**

### **Oesophagus**

The oesophagus or gullet is a muscular tube, about 24 cm long, which extends from the throat to the stomach.

### **Oesophageal Manometry Test**

This is a test that measures pressure activity within the oesophagus. An assessment can then be made of how well the oesophagus is working.

### **Catheter**

A catheter is a flexible, plastic tube.

### **Pressure Sensors**

Pressure sensors are very small detectors that measure pressure.

### **24 hour Oesophageal pH Test**

This is a 24 hour test during which the acidity and alkalinity, (the pH) of the oesophagus is measured and recorded.

### **pH**

A scale of numbers between 0 and 14 that shows the strength of acid or an alkali. Acidic solutions have a pH less than 7. Alkaline solutions have a pH greater than 7.

### **Reflux**

The flow of the stomach contents back into the oesophagus.