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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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

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

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# Esophageal Motility Pressure Studies

## VG Site

**30 minutes (half an hour) before your appointment, you must register at the kiosk on the main floor of either the Dickson Building (main entrance) or the Centennial Building (main entrance) at the VG site of the QE II.**

### **What will happen after the test?**

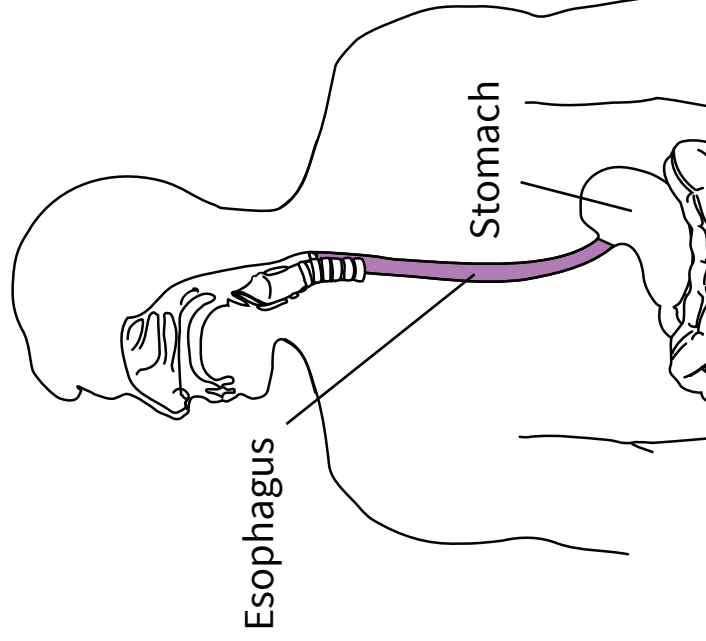
- You can go back to your usual meals and activities as soon as the test is over.

**What are your questions?**

**Please ask a member of your health care team. We are here to help you.**

## How is the test done?

- A GI nurse will talk about the test with you.
- You will be asked to sign a consent form.
- You will rest on a stretcher with your head slightly raised.
- You will be awake during the test.



- The GI nurse will put a soft, flexible tube through your nose into your esophagus. You may have some discomfort, but the tube should not affect your breathing.
- The test will take about 60 minutes (1 hour).

# Esophageal Motility Pressure Studies

## What is an esophageal motility pressure study?

- This test is done to look at your swallowing muscles and the pressure in your esophagus (tube that connects your mouth to your stomach).

## How do I get ready for this test?

### Before your test:

- A booking clerk will call you to give you information about your appointment.
- **Tell the booking clerk and the GI nurse if you are taking these medications, as they can raise your risk of bleeding:**
  - › Blood thinners, like ASA (Aspirin<sup>®</sup>), warfarin, heparin (Fragmin<sup>®</sup>), dabigatran (Pradaxa<sup>®</sup>), rivaroxaban (Xarelto<sup>®</sup>), apixaban (Eliquis<sup>®</sup>), edoxaban (Lixiana<sup>®</sup>)
  - › Heart, stomach, or muscle relaxers. You may need to stop taking these on the day of your test.

- Tell your GI nurse if you take medication and/or insulin for diabetes. You may need to follow special instructions for taking these before your test.
- Tell your GI nurse if you are allergic to any medications.
- Most people can go back to work after this test.

## The day of your test

It is very important to follow these instructions:

- **Do not eat or drink anything after midnight the day before your test. Your stomach must be empty for this test.**
- If your test is in the afternoon, the booking clerk or GI nurse will tell you if you can have clear fluids before 8 a.m. Clear fluids include:
  - > Water
  - > Apple juice
  - > Sports drinks (like Gatorade® or Powerade®) **that are not red**
  - > Clear or light-coloured pop (like Sprite® or ginger ale)
  - > Tea (**without milk or cream**)
  - > Clear soup broth

- Bring a list of all your medications (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements) with you to the hospital.
- **Do not wear any jewelry or bring any valuables with you to the hospital.** The hospital is not responsible for the loss of any items.
- **Do not use scented products.** Nova Scotia Health is scent-free.

## Where do I go for my test?

**30 minutes before your appointment,** you must register at the kiosk on the main floor of either the Dickson Building (main entrance) or the Centennial Building (main entrance) at the VG site.

- Then go to the 9<sup>th</sup> floor of the Victoria Building. Check in at the registration desk on the Endoscopy Unit, 9 North. This is a special unit for digestive system tests.
- Be sure that you have enough time to park before your appointment. There is limited parking at the VG site