

Esophageal Motility Test

What is an esophageal motility test?

Esophageal motility is a procedure for determining how the muscle of the esophagus and the esophageal sphincter (valve between the esophagus and the stomach) works by measuring pressures generated by the esophageal muscles and the sphincter.

When is an esophageal motility used?

Esophageal motility is used primarily in three situations:

- To evaluate the function of the sphincter and muscles of the esophagus when there is reflux (regurgitation) of stomach acid and contents back into the esophagus (gastroesophageal reflux disease or GERD)
- To determine the cause of problems with swallowing food (dysphagia) when an endoscopy is normal
- When there is chest pain that may be coming from the esophagus after the cause of chest pain originating in the heart has been ruled out

How is an esophageal motility performed?

At the start of the esophageal motility procedure, one nostril is anesthetized with a numbing lubricant. A flexible plastic tube approximately one-eighth inch in diameter is then passed through the anesthetized nostril, down the back of the throat, and into the esophagus as the patient swallows small sips of water. Once inside the esophagus, the tube allows the pressures generated by the esophageal muscle to be measured when the muscle is at rest and during swallows. The procedure usually takes 15 to 20 minutes.

ESOPHAGEAL MOTILITY PREP INSTRUCTIONS

- Do not smoke or use tobacco products for 8 hours prior to your test
- Do not eat or drink after midnight
- Take all of your medications as prescribed, unless you are diabetic and otherwise instructed by your physician.
- If you are diabetic, DO NOT take your morning insulin. Diabetic patients will be scheduled as early as possible. If you are diabetic and are scheduled after 11 AM, contact 214-645-0595 for further instructions.

After the test, it may take up to two weeks to receive your test results. You will either be called with the results or receive the results in the mail.