

Oesophageal manometry and 24-hour pH and impedance measurement

The clinical measurement department [Patient information](#)

This leaflet will give information about your oesophageal manometry, 24-hour pH and impedance measurement tests.

Important information:

Please **confirm this appointment** as soon as possible by phoning **0300 019 2590**.

Please leave a message if no one is available to answer.

If you have questions before your appointment, please ring **0300 019 2590**.

- If you **have not** had a barium swallow or gastroscopy in the last **two years**, please let us know as soon as possible.
- If you use a **GTN spray and/or asthma inhaler**, please bring this with you.
- If you have a **nickel allergy**, please let us know as soon as possible.
- Please do not eat or drink anything for **four hours** before the test.
- As we are investigating problems with the stomach, please **avoid** the following medicines **for the times given**. These can give a false reading:

Avoid for seven days	Omeprazole (Losec), Lansoprazole (Zoton), Rabeprazole (Pariet), Esomeprazole (Nexium, Guardium), Pantoprazole (Protium or Pantoloc control) GLP-1s (weight loss medication such as Mounjaro, Wegovy, Ozempic)
Avoid for three days	Famotidine (Pepcid), Cimetidine (Tagamet), Nizatidine (Axid)
Avoid for two days	Metoclopramide (Maxolon), Domperidone (Motililum)
Avoid for one day	Gaviscon , Rennie , Peptac , Pepto-Bismol , milk of magnesia, slippery elm

What are these tests?

Oesophageal manometry is measurement of pressures in your oesophagus (food pipe) and the valve that separates the stomach and oesophagus.

We do this to:

- check if the valve is correctly located and working properly.
- check if food is moving properly from the throat into the stomach.
- check the oesophagus is working correctly if you are being considered for anti-reflux surgery.

24-hour pH measurement measures acid coming up from the stomach into the oesophagus.

We do this to:

- measure any acid reflux that rises from the stomach into the oesophagus over a 24-hour period.
- see if acid reflux episodes are causing your symptoms.

Who will do the test

A qualified member of the team will perform the test. The department offers some training. There may be a student present with your permission.

Before the test:

- You **must** stop taking the anti-reflux medicines listed in the table above. Continue to take any other medicines. Please bring a list of your medicines with you.
- Do not eat or drink for four hours before the test.
- If you have an inhaler for asthma or a spray for angina, please bring it with you.
- If you are diabetic, please contact your diabetic team if needed.
- It is best to wear loose clothing (ideally a separate top and bottoms). This is because a small tube is passed under your clothing and out at the waist. It is attached to a recorder machine and worn across the body.
- Please avoid wearing heavy makeup.

During the test:

- At the start of the appointment we will discuss your symptoms. You will have the chance to ask questions about the test.
- We will explain the risks and benefits. You will need to sign a consent form.
- We will pass a flexible tube (catheter) through your nose into your stomach. This can be uncomfortable rather than painful.
- **You will** need to be fully awake for this test as you will be asked to eat and drink. You may have some local anaesthetic spray if needed.
- The first part of the test will take about 30 minutes. (Please allow at least an hour for the full test). We will ask you to swallow small quantities of water and food. At the end of the first test, we will remove the first tube.
- For the second part of the test (24-hour test), a thin tube will be passed through your nose into your stomach. It will be secured to your cheek and neck by tape. It will be attached to a small recording unit. You will wear this for the next 24 hours.

Risks of the test:

- There is a very low risk of bleeding or perforation during the test. To reduce any risk, we will make sure you have had a recent barium swallow or gastroscopy before the test. **Please tell us if you have not had a barium swallow or a gastroscopy in the last two years.**
- You may feel the tube in the back of your throat or in your nose. It should not be painful but may feel uncomfortable.
- You will be able to eat, drink, and sleep normally. It will not interfere with your breathing in any way.
- During the 24-hour test, if you are violently sick or coughing the tube may come up into your mouth. It is unlikely, but if this happens, you will need to remove the tube. We will explain how to do this during your appointment.

During the 24-hour test:

- During the 24-hour pH test, you will be asked to keep a diary of your activities and symptoms.
- Please eat normally and you can eat any foods that cause your symptoms. It is important that you have typical symptoms during the test. This is so we can gather information to see if they are caused by reflux. **Do not take any indigestion medicine or anti-reflux medicine during the test.**
- **The recorder box must not get wet. You will not be able to bathe, shower, or swim.**
- The equipment must be treated with care. It is very expensive to repair or replace.
- You will not be given any medicine that can make you drowsy. However, you may wish to avoid driving, as the tube may distract you.
- Where possible we advise continuing with 'normal' activity. If you feel you cannot work, be as active as you can at home.

When is the pH tube removed?

You will be asked to remove the tube at home, approximately 24 hours after it has been put in.

A time will be agreed for you to return the recorder. You will need to return the recorder on the same day you remove the tube. **Please return the recorder on time as it will needed for another patient.**

What happens next?

We will review the recorded data and a report will be sent to your consultant. We do not give out results from our department and they are not routinely sent to your GP.

Data sharing:

University Hospitals Dorset is a teaching hospital. We may use your anonymised data for training and research purposes. Please tell a member of the team if you do not want your data used. For further information please refer to our hospital website: **www.uhd.nhs.uk/visit**.

Spread of infections

We actively seek to stop the spread of infections to others. Do not come to hospital if you, or someone you are in close contact with, has diarrhoea and/or vomiting 48 hours before your test. Please phone us to rebook your appointment **0300 019 2590**.

What if I have questions

Before your test a member of staff will explain what is going to happen and they will answer any of your questions. To discuss your test before your appointment, please call **0300 019 2590**.

Getting to the hospital

Our hospital website has information on car parking, bus access and hospital transport services. www.uhd.nhs.uk/visit/travel

The clinical measurement department shares a reception desk with the nuclear medicine department. Please report to the nuclear medicine reception desk. This is on the lower ground floor (level -1) in the blue zone.

Enter the hospital via the new main entrance and turn left heading towards the glass dome. Take the left-hand exit marked blue zone and then turn immediately left through two sets of doors then keep left for the nuclear medicine reception.

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To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**
or email uhd.patientexperienceteam@nhs.net.

Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: Dr Emma Jones Date: July 2026 Version: Eight Review date: July 2029 Ref: 220-24

t: 01202 665511 w: www.uhd.nhs.uk f: @UHTrust i: @uhd_nhs

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