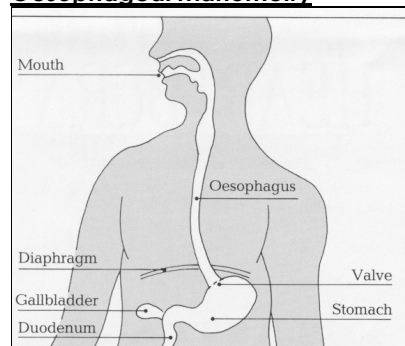


## What are these tests?

### Oesophageal Manometry



When you swallow, muscles in your oesophagus contract to help push food toward your stomach. A valve, or sphincter, inside the oesophagus opens to let food and liquid through, and then closes to prevent food, fluids, and gastric acid from moving back up into the oesophagus. The sphincter at the bottom of the esophagus is called the lower esophageal sphincter or LES.

During esophageal manometry, a thin, pressure-sensitive tube is passed through your nose and into your stomach. Once in place, the tube is pulled slowly back into your esophagus.

When the tube is in your esophagus, you will be asked to swallow. The pressure of the muscle contractions will be measured along several sections of the tube.

Typical symptoms in patients with abnormal oesophageal manometry include swallowing difficulties, chest pain and regurgitation of food.

### 24 hour pH Monitoring

pH is the term used to describe degree of acidity, the lower the pH the more acidic it is. The oesophagus will normally have a pH of about 7.0, but it is not uncommon for there to be brief periods of lower pH, especially after eating and

drinking. Prolonged periods of acid reflux into the oesophagus cause symptoms such as heartburn and chest pain. Mild heartburn is very common and can be treated with antacids. Stronger medication or surgery may be required for the treatment of severe heartburn. The 24-hour pH test records the frequency and duration of acid reflux into the oesophagus during eating, sleeping, and daily routines.

### 24hour Bile Monitoring

This test is similar to 24-hour pH monitoring; however this monitor measures bile in the oesophagus. Bile reflux is a possible cause of damage to the lining of the stomach and oesophagus.

### What will happen during the tests?

Oesophageal manometry takes approximately 30 minutes. A small catheter will be inserted through your nostril and into your stomach. During this time you will be able to breathe, swallow and talk with ease. You will be asked to lie down and small sips of water will be administered at various intervals. The manometry catheter is connected to a computer that records the pressure waves in the oesophagus during the swallowing process.

If you have been referred for a 24-hour pH or 24-hour bile test, this will be performed immediately after the oesophageal manometry test. A small catheter will be inserted through your nostril and positioned in the oesophagus. The catheter will be taped in place and looped over your ear. It will then be connected to a monitor that is worn around your waist for the duration of the procedure. You are requested to avoid alcohol during the day of your procedure. The catheter stays in place for 24 hours during which time you can eat normally. You will need to return to the hospital the following day to have this catheter removed.

### What will happen after the test?

You may experience a mild sore throat after having a tube in place, however this discomfort will pass. You can resume your medication after your test. The recordings will have to be analysed and reported. This will take approximately 7/10 days. The results will be sent to your referring hospital consultant.

### Preparing for Tests

#### You must attend fasting from 12:00 midnight.

However, if you have an appointment in the afternoon you may have a **light** breakfast before **8am**. You will have to **discontinue** taking your stomach medication before your tests.

If you are for a 24h pH or 24h Bile test you must discontinue antacid medications such as Zantac, Gaviscon or Rennie's for **2 days** before the tests, or stronger stomach medications such as Losec, Nexium, Zoton, Protium, Losamel or Pariet for **10 days** before the tests. Continue all other medications as normal e.g., cardiac, blood pressure medication.

The investigations take approximately 1 hour; you will be able to leave the hospital immediately after your test. There is no sedation administered, so you may drive home unaccompanied. If you are having a 24hour test, you have to return to the hospital the day after the test. Removal of this monitor will take less than 5 minutes.

Please make arrangements for your own overnight accommodation in Dublin (if necessary). **There are no hospital in-patients beds available for this procedure.**

### Pregnancy

If you think you maybe pregnant, please inform staff.

## Directions

**The Hospital is situated in South West Dublin and is easily accessible by car or bus. It is close to the M50 motorway and the N81.**

### By car via the M50:

Exit the M50 at junction 11, following the signs for Tallaght. You are now travelling on the N81. Continue straight on this road for approximately 1km through one roundabout and 4 sets of traffic lights. The landmarks that you pass include (on your right) the Plaza Hotel and the Square Shopping Centre and, (on your left) a public park. The right hand turn for the hospital is signposted shortly after you pass these landmarks at the fifth set of traffic lights (opposite the Shamrock Rovers football stadium). The hospital is clearly marked from here. It is the second turn on your right. You will then see the hospital entrance on your left.

### By Bus

The following buses will drop you at the gates of the hospital - **49, 49A, 50, 54A, 65, 65B, 77, 77A**. All these buses leave from Eden Quay in the City Centre near O'Connell Street.

Other bus routes that will drop you at the hospital are:

The **75** from Dun Laoghaire,  
The **76** from Ballyfermot,  
The **76A** from Blanchardstown,  
The **201** and **202** which are local Tallaght buses.

For details of pick up points along any of these routes contact the Dublin Bus Ringsend Depot (01 703 4533) or alternatively you can contact Dublin

Bus Passenger Information Service on (01) 873 4222 or look up [www.dublinbus.ie](http://www.dublinbus.ie).

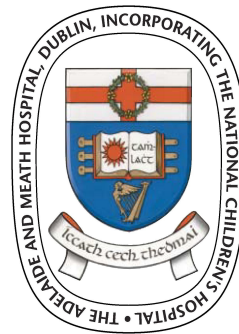
All these buses stop at the Square Shopping Centre in Tallaght. The hospital is one stop before this. Ask your bus driver to tell you when you are approaching the hospital.

### By Train

Heuston and Connelly Station are in Dublin city centre. The Luas red line is accessed outside both these stations and has a stop adjacent to the hospital. See information below on the Luas.

### By Luas

The hospital is accessible from the red line on the Luas. The line starts at The Point runs through Middle Abbey Street, Heuston Station and finishes in Tallaght. The hospital is adjacent to the second last stop on this line aptly named, "Hospital". Trams run approximately every 7 minutes through the day.



**THE ADELAIDE & MEATH  
HOSPITAL, DUBLIN**  
INCORPORATING  
THE NATIONAL CHILDREN'S HOSPITAL

### GI Function Unit

Telephone: 01- 4144181

Fax: 01- 4143850

Email: [gifunctionlab@amnch.ie](mailto:gifunctionlab@amnch.ie)

Dear \_\_\_\_\_

An appointment has been made for you to attend the G.I. function lab at The Adelaide and Meath Hospital in Tallaght for the following GI Physiology tests:

- Oesophageal Manometry
- 24 Hours pH Monitoring
- 24 Hour Bile monitoring

Date:

Time:

**Please read the instructions overleaf carefully. If you do not wish to attend for this appointment, please inform the unit immediately so we can offer this time slot to another patient.**