



GI Motility Department:

**Ambulatory Care Pavilion- Level 2
Address: 3 Edmund D. Pellegrino Road, Stony Brook NY
Our phone number is: 631-444-1759**

Preparation for Esophageal Manometry with pH/Impedance OFF MEDS

- 1. Seven (7) DAYS BEFORE:**
STOP taking all acid blocking medication (PPI) such as Prilosec, Nexium, Dexilant, Omeprazole, Pantoprazole, etc.
- 2. THREE (3) DAYS BEFORE: STOP** taking Histamine Antagonists (H2 antagonists or H2 blockers) such as Zantac, Pepcid.
- 3. At least 24 Hours BEFORE the procedure:**
 - ❖ **STOP** the following medications if you are taking them for your stomach and esophageal problems:
 - Nitrates (Nitroglycerin, Nitropatches/pastes, Isosorbide Dinitrate)
 - Calcium channel-blocking agents (Nifedipine, Verapamil, Diltiazem)
 - Anticholinergics (Propantheline)
 - Pro-motility agents (Metoclopramide, Bethanechol)
 - Muscle relaxants (Diazepam, Tizanidine, etc.)
 - Narcotic medication (Opiates)
 - Anti-Anxiety medication (Xanax, Ativan, Diazepam, etc.)
 - ❖ Please continue to take any heart medication.
- 4. SIX (6) HOURS BEFORE: DO NOT** eat or drink anything including Maalox, TUMS, Mylanta, Carafate.
- 5. DAY OF TEST:**
 - ❖ Stop at Patient Registration in the ACP building on Level 2 before proceeding to the “GI Motility Center”.
 - ❖ If you have a prescription order form, please bring it with you.
 - ❖ **We will be using medical adhesive above your lip/under your nose to help secure the Impedance probe to your face for 24 hours. We recommend for best results:**
 - Avoid use of cream and/or foundation/makeup on your face on the day of your appointment.
 - Shave off or trim beard.
 - Bring or wear a zip up hoodie/jacket to wear over the Impedance box.
- 6.** Please be prepared to spend up to 2 hours in the Motility Center.
- 7.** You will need to return the following day to have the probe removed and return the equipment. This appointment will take 5 minutes. You do not need anyone to accompany you to either appointment.