



**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 ON MEDS**

**1. At least 24 Hours BEFORE the procedure:**

- ❖ **STOP** the following medications if you are taking them for your stomach and esophageal problems.
  - **Nitrates ( Nitroglycerin, Nitro-patches/pastes, Isosorbide Dinitrate)**
  - **Calcium channel-blocking agents (Nifedipine, Verapamil, Diltiazem)**
  - **Anticholinergics (Propantheline)**
  - **Promotility agents (Metoclopramide, Bethanechol)**
  - **Muscle relaxants (Diazepam, Tizanidine, etc.)**
  - **Narcotics (Opiates)**
  - **Anti-Anxiety medications (Diazepam, Xanax, Ativan, etc.)**
- ❖ **Please continue to take any heart medication.**

**2. CONTINUE taking your acid medication (Prilosec, Nexium, Omeprazole, pantoprazole, Aciphex, Dexilant, Zantac, Pepcid, etc.).**

**3. SIX (6) HOURS BEFORE: DO NOT eat or drink anything, except for medication you are allowed to take. -**  
- Take your acid medication with sips of water if they are due within this 6 hours.

**4. 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.**

**5. Please be prepared to spend up to 2 hours in the Motility Center.**

**6. 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.**