

食管测压

Esophageal Manometry

You are scheduled for a test called an esophageal manometry. This is a test that measures the pressure in your esophagus to see if it is working as it should. The test may be used for people who have:

- Trouble or pain when swallowing
- Heartburn
- Gastroesophageal reflux disease or GERD

If you have questions or are unable to keep this appointment, please contact the healthcare provider who is doing your test.

To prepare

- On the day before the test, you may have regular meals.
- **If you have a history of gastroparesis or achalasia**, a liquid diet is recommended for the day before your test.
- **Do not eat or drink anything after 11 p.m. the night before your test.**
- Talk with your health care provider before the test:
 - If you have any allergies to medicines.
 - If you are pregnant.
 - About past surgeries or other medical conditions you have.
- If there are major changes to your health, please contact the healthcare provider who is doing your procedure. Your procedure may need to be changed for your safety.

按照计划，您将接受食管测压检查。该检查是一项测量食管压力的检查，以查看其是否功能正常。此检查面向以下人员：

- 吞咽困难或疼痛
- 烧心
- 胃食管反流病或 GERD

如果您有疑问或无法赴约，请联系正在为您提供检查的医疗护理提供者。

准备事项

- 在检查前一天，您可以正常进食。
- **如果您有胃轻瘫或贲门失弛缓症病史**，建议在检查前一天采用流食。
- **您可以在检查前一天晚上 11 点之前正常进食。**
- 检查前，请咨询您的医生：
 - 您是否对任何药物过敏。
 - 您是否妊娠。
 - 您既往手术或任何医疗状况的相关情况。
- 如果您的健康状况发生重大变化，请联系正在为您提供手术的医疗护理提供者。为了您的安全，我们可能需要对您的手术作出变更。



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You May Need to Make Changes to Your Medicines

- **If you take a blood thinner (anticoagulant or antiplatelet) medicine:** Your doctor may tell you to stop taking it a certain number of days before your procedure. Or your doctor may tell you to keep taking it. Make sure that you understand **exactly** what your doctor wants you to do.
 - **Ask the doctor who ordered this medicine** if it is safe for you to stop taking it before this procedure.
 - **If you have had a stent**, especially a stent in your heart or brain, **DO NOT STOP** taking your blood thinner medicine until you are instructed by the doctor who placed the stent.
 - **If your doctor has told you NOT to stop taking these medicines** before this procedure, please call 614-293-6255 and ask to talk to a nurse.

The day of the test

- Please arrive 30 minutes before the test begins, and check in at Registration.
- Expect to be at the facility for 1 hour. This test often lasts 30 to 40 minutes.
- You will not be sedated for this test, so you may drive home after.

During the test

- You will be asked to lie down.
- Before the test starts, the inside of your nose will be numbed with gel. Your throat may also be sprayed to make the test more comfortable for you.
- A small flexible tube, called a catheter, will be inserted through your nose. You will be asked to swallow so that the tube goes into your esophagus. It will not affect your breathing. You will feel some pressure as the tube moves into place in your lower esophageal sphincter.

您可能需要改变用药

- **如果您服用血液稀释剂 (抗凝血剂或抗血小板药物):** 您的医生可能会告知您在检查前几天停用此类药物。或者您的医生可能会告知您可继续服用此类药物。确保您**完全**理解您的医生的指示。
 - **向开药医生咨询**, 在此检查前停用此类药物是否安全。
 - **如果您体内有支架置入**, 尤其是心脏或大脑中有支架, 除非置入支架的医生明确指示, 否则**请勿停用**血液稀释剂。
 - **如果医生建议您在检查前不要停用此类药物**, 请致电 614-293-6255, 并要求与护士对话。

检查当天

- 请在检查开始前 30 分钟到达检查地点, 并在挂号处挂号。
- 预计您需要在检查地点停留 1 小时。这项检查通常持续 30 至 40 分钟。
- 该检查无需服用镇静剂, 故您可于检查结束之后自行驾车回家。

检查期间

- 医生会要求您平躺。
- 检查开始之前, 将会使用凝胶麻醉您的鼻腔内侧。也可能对您的咽喉进行喷洒, 以使您的检查体验更舒适。
- 一条细长的软质导管将会插入您的鼻腔。将会要求您模拟吞咽动作, 使导管进入您的食管。导管不会影响您的呼吸。当导管在食管下括约肌中移动到到位时, 您会感觉到一些压力。

- The tube is attached to a computer that measures the muscles in your esophagus.
- You will be asked to swallow to see how your esophagus is working.
- 导管连接在一台用于测量食管肌肉的电脑上。
- 检查过程中将会要求您模拟吞咽动作，以查看您的食管的工作方式。



图 1: 导管插入鼻腔。电脑记录食管下括约肌的压力。

Figure 1: The catheter is inserted into the nose. The computer records the pressure of the lower esophageal sphincter.

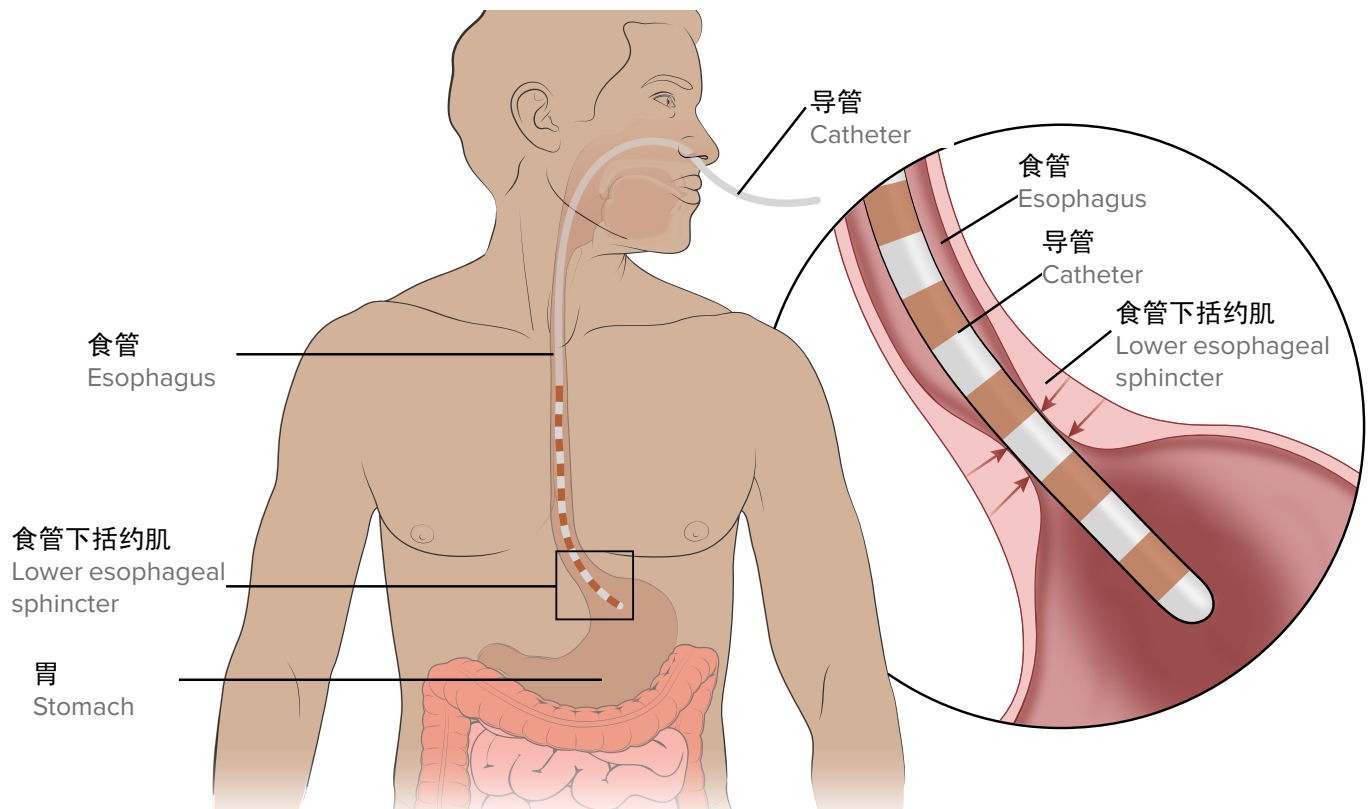


图 2: 导管插入鼻腔和食管，测量食管下括约肌的压力。

Figure 2: The catheter is inserted into the nose and into the esophagus to measure the pressure of the lower esophageal sphincter.

After the test

- You may feel some soreness in your throat after the test. This is normal.
 - Your provider will receive a report of your test results and will contact you about your results.
 - If you think you may have some signs that are not normal after this test, please contact your provider.
- Your throat was not sprayed.** You may return to your normal diet, medicines, and activity.
 - Your throat was sprayed.** Wait 1 hour before eating, drinking, or taking medicines.

检查后

- 检查后您可能会感到咽喉有些酸痛。这是正常现象。
 - 您的医生将收到您的检查结果报告，并将与您联系讨论此结果。
 - 如果您认为检查后可能出现的一些症状不正常，请联系您的医生。
- 如未在您的咽喉进行喷洒。** 您可恢复正常饮食、药物和活动。
 - 如已在您的咽喉进行喷洒。** 在饮食或服药前等待 1 小时。

本手册仅供参考。如对您的治疗有任何疑问，请咨询医生或医疗护理团队。

This handout is for informational purposes only. Talk to your doctor or health care team if you have any questions about your care.