

Baaritaanka Hunguriga

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.**
- You should not smoke or vape the day before and on the day of 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.

Waxaad u balansantahay baaritaan la yiraahdo baaritaanka hunguriga. Kani waa baaritaan cabbira caddaadiska saaran hungurigaaga si loo eego inuu u shaqaynayo sidii la rabay. Baaritaanka waxaa loo adeegsan karaa dadka qaba:

- Dhibaato ama xannuun xilliga wax liqida
- Laab-jeexa
- Cudurka laabjeexa ama GERD

Haddii aad qabtid su'aalo ama aadan awoodin inaad ilaaliso ballantan, fadlan la xiriir bixiyaha daryeelka caafimaadka kaas oo sameynaya baaritaankaaga.

Si aad u diyaargarowdo

- Maalinta ka horraysa maalinta baaritaanka, waxaa laga yaabaa inaad cunto cuntooyin joogto ah.
- Haddii aad horey usoo qabtay xanuunka gaaska ama bararitaanka tuubada caloosha, cunto dareere ah ayaa lagugula talinayaa inaad cunto maalinta ka horeyso baaritaankaaga.
- **In aad cunin ama cabbin waxyaabo wixii ka dambeeya 11:00 habeenimo habeenka ka horeeya maalinta baaritaankaaga.**
- Waa inaad cabbin sigaar ama shiishada dhijitaalka ah (vape) maalinta ka horeysa iyo maalinta laguugu sameynayo baaritaankaaga
- La hadal bixiyaha daryeelka caafimaadkaaga kahor baaritaanka:
 - › Haddii aad ku qabto wax xasaasiyado ah daaoyinka.
 - › Haddii aad uur leedahay.
 - › Wax ku saabsan qalliinadii hore ama xaalad kasta oo caafimaad oo aad qabto.

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.

Waxaad u Baahan Kartaa Inaad Isbadelo ku Sameysid Daawooyinkaaga

- **Haddii aad qaadato daawada dhiiga (ka-hortagga xinjirowga dhiiga) khafiifisa:** Waxa laga yaabaa in dhakhtarkaagu uu kuu sheego inaad joojiso qaadashada dhawr maalmood ka hor hawshaadaada. Ama waxaa laga yaabaa in dhakhtarkaagu uu kuu sheego inaad sii wadato qaadashadooda. Hubi inaad **si sax ah** u fahantay waxa dhakhtarkaagu uu kaa doonayo inaad samayso.
 - › **Waydii dhakhtarka amray dawadan** haddii ay badqab kuu tahay inaad joojiso qaadashada ka hor hawshaan.
 - › **Haddii aad lahayd tuubada yar jirka (stent)**, gaar ahaan mida ku jirta wadnahaaga ama maskaxdaada, **HA JOOJININ** qaadashada daawadaada dhiig khafiifinta ilaa uu ku amro dhakhtarka geliyay tuubada.
 - › **Haddii dhaqtarkaaga uu kuu sheegay INAADAN joojin qaadashada daawooyinka** ka hor hawshaan, fadlan soo wac 614-293-6255 oo weydii inuu kalkaaliso la hadlo.

Maalinta baaritaanka

- Fadlan imow 30 daqiiqo kahor inta baaritaanka bilaaban, oo iska xaadari miiska Diiwaangelinta.
- Filo inaad joogto xarunta muddo 1 saac ah. Baaritaankan inta badan wuxuu qaataa 30 ilaa 40 daqiiqo.
- Laguuma suuxin doono si loo sameeyo baaritaankan, marka u wadi kartaa gaari gurigaaga kadib baaritaanka.

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.
- 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.

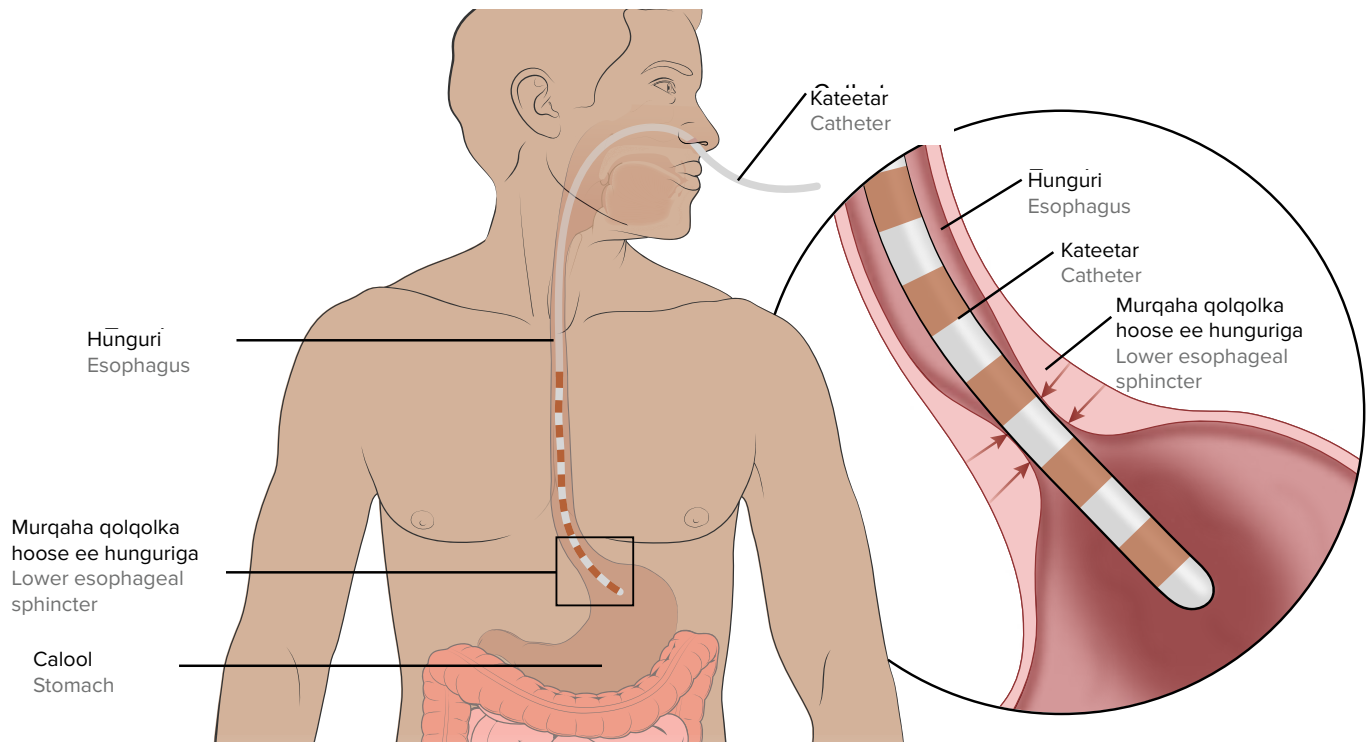
Inta lagu jiro baaritaanka

- Waxaa lagu sheeg doonaa inaad jiifsato.
- Kahor inta baaritaanka uusan bilaaban, gudaha sankaaga waa la kabuubin doonaa. Waxaa sidoo kale laga yaabaa in cunahaaga la buufiyo si ay baaristu kuugu noqoto mid raaxo leh.
- Tuubbo yar oo dabacsan, oo loo yaqaano kateetar, ayaa sankaaga la gelin doonaa. Waxaa lagu sheegi doonaa inaad liqdo si tuubbadu u gasho hungurigaaga. Wax saameyn ah kuma yeelan doonto neefsashadaada. Waxaad dareemi doontaa waxxoogaa caddaadis ah marka tuubbada u dhaqaaqdo goobta loo rabay ee ku taala qoqolka hoose ee hungurigaaga.
- Tuubbada waxay ku xiriirsan tahay kombiyuutar cabbira muruqaha hungurigaaga.
- Waxaa lagu sheegi doonaa inaad liqdo si aad u aragto sida hungurigaagu u shaqaynayo.



Jaantuska 1: Kateetarka ayaa la geliyaa sanka. Kumbuyuutarka wuxuu diiwaangeliyaa caddaadiska qolqolka hoose ee hunguriga.

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



Jaantuska 2: Kateetarka ayaa la geliyaa sanko iyo hunguriga si loo cabbiro caddaadiska qolqolka hoose ee hunguriga.

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.

Baaritaanka kadib

- Waxaa laga yaabaa inaad ka dareento waxoogaa xannuun ah cunahaaga baaritaanka kadib. Tani waa caadi.
 - Bixiyahaaga ayaa heli doona warbixinta natiijooyinka baaritaankaaga wuuna kula soo xiriiri doonaa.
 - Haddii aad u malaynayso inaad leedahay waxoogaa calaamado aan caadi ahayn baaritaankan kadib, fadlan la xiriir bixiyahaaga.
- Cunahaaga haddii la buufiyay.** Waxaad dib u bilaabi kartaa laga cuntadaada, daawooyinkaaga, iyo nashaadyadaada caadiga ah.
 - Cunahaaga haddii la buufin.** Sug 1 saac kahor inta aadan wax cunin, cabbin, ama qaadan daawooyinka.

Buug-gacmeedkan waxaa loogu talagalay ujeedooyin macluumaad oo kaliya. La hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad qabtid wax su'aalo ah oo ku saabsan daryeelkaaga.

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.