

### What is manometry testing for Rumination?

A manometry study measures the strength (squeezing action) and function of your esophagus (the tube that connects the mouth to the stomach). Manometry measures the pressure at the lower part of the esophagus to diagnose difficulty swallowing.

The Rumination Protocol is used to figure out if someone might have Rumination Syndrome. Rumination Syndrome symptoms include:

- Regurgitation of recently ingested food from the stomach into the mouth within the first 15 minutes after a meal.
- Chewing or spitting out food that wasn't digested properly, or swallowing it again

### How do I prepare for manometry testing for Rumination?

- Bring to your appointment:
  - Please bring one of the following meals: preferred choices include a hamburger, a grilled chicken sandwich or a vegetable burger.
    - If your appointment is early in the morning and a hamburger is unavailable, an egg omelet or oatmeal is preferred.
    - If you have special diet needs or cannot bring one of the options listed here, please contact the clinic to review alternative options prior to your appointment day.
- **Four hours** before your appointment stop eating and drinking.
- You may take your medications with a sip of water.
- Before the manometry study, talk to your prescribing provider about any medications you take, like blood thinners, insulin, or diabetes medications. Don't stop taking these medications without your provider's approval, as some may need to be temporarily stopped or adjusted.
- If you are pregnant, let your provider know prior to the manometry study.

### What are the potential complications?

This procedure is safe, and complications are rare. Potential complication includes:

- A tear in the wall of the esophagus (perforation)
- Aspiration or choking
- Bleeding
- Throat irritation

### What can I expect before the manometry testing for Rumination?

- Your nurse will explain the risks and benefits of manometry testing to you.
- You will sign an acknowledgement form for the manometry testing.
- Your nurse will review diaphragmatic breathing exercises that will be used during the test.

### What can I expect during the manometry testing for Rumination?

- It will be performed at the Digestive Clinic and takes about 2 hours.
- You will not be sedated.
- A soft, thin tube is passed through your nose into your esophagus.

- You may have a gagging feeling and mild nose and throat discomfort.
- You will be asked to swallow several times with or without water.
- Sensors along the tube will measure the pressure while you swallow.
- With the tube in place, you will have 10 minutes to consume the meal brought to the appointment.
- After completing the meal, the nurse will monitor you for 10-15 minutes.
- You will be asked to perform diaphragmatic breathing.
- Manometry tube will be removed.

### **What can I expect after the manometry testing for Rumination?**

- Measurements are printed out as tracings to be read by your provider.
- You may have mild nose and throat irritation- this will gradually subside.
- You may resume your usual diet, medications, and activities with no restrictions.

### **When will I get my results?**

- The ordering provider will communicate results to you once they are available.