

Small bowel manometry



Information for patients

Sheffield Teaching Hospitals



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SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



The aims of this booklet are:

- **To inform and involve you in your care**
- **To explain what happens on the day of the test**
- **To answer questions you may have about the test**

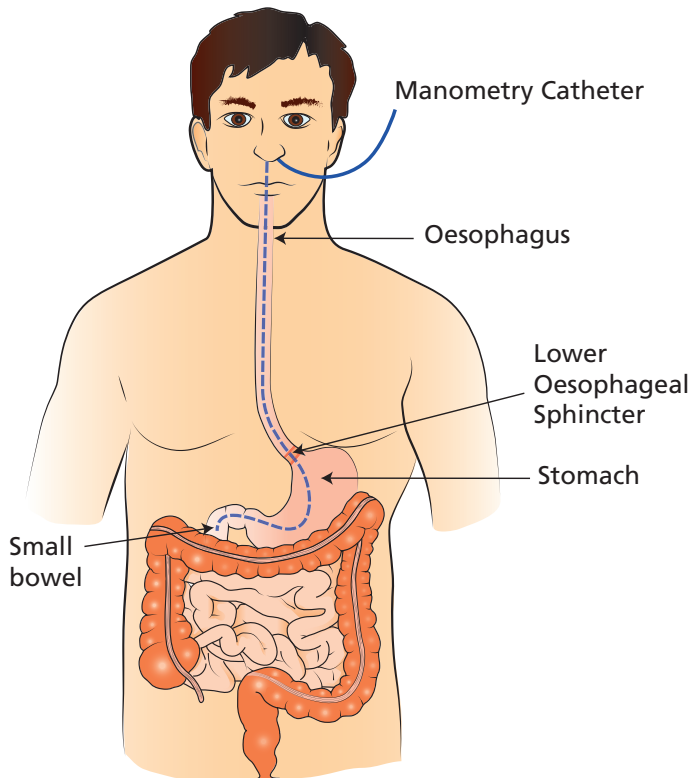
Your Consultant has requested that you have a test which will help to understand the cause of your symptoms. The tests should not be painful and should not cause you any discomfort afterwards. We do understand that you may have concerns about having this type of test and we would like to reassure you that they are conducted in a private room. A Clinical Scientist will be conducting the tests and they will ensure your comfort is maintained at all times.

The small bowel is responsible for the majority of your digestion and absorption of nutrients in the food you eat. Problems with the muscles and nerves in the small bowel responsible for moving the food through can result in symptoms such as vomiting, bloating, nausea, abdominal pain, weight loss etc.

Where are you located?

The department is located in the Chesterman building on 'C' floor (ground level). If you enter via the main Chesterman entrance, please walk past the café, turn left, walk a few yards down the corridor and the Department of GI Physiology is on the right hand side. Please ring the bell on the wall to the left and a member of staff will open the door. You will be asked to take a seat in the small waiting area until you are called into a private room to undergo your tests.

What is Small Bowel Manometry?



Small bowel manometry (also called antroduodenal manometry) is a test to assess the muscle activity of the small bowel. The instrument used to carry out the test is called a manometry catheter and is a tube about the thickness of a straw that is passed into the small bowel via the nose, down the oesophagus (food pipe), then the stomach and through to the small bowel. The catheter has many small sensors along its length which measure how well the muscles in the small bowel squeeze.

You will be given a small amount of local anaesthetic in your nose and throat to make passing the catheter more comfortable. You will also drink water through a straw to help pass the catheter into the stomach. We may undertake an assessment of the muscles in the oesophagus on

the way through by asking you to take some measured sips of water before continuing into the stomach.

Once the catheter has reached the stomach it can take some time for the valve connecting the stomach to the small bowel to open and allow the catheter to be advanced through. We will inform you of everything that is happening as the test progresses.

What happens during the test?

Once the catheter has reached the correct position you will sit for up to three hours while the computer records the activity. We will then give you a liquid test meal which will consist of a small nutritional supplement drink. We will continue to record the activity for a further three hours. As it can take some time to reach the correct position you can expect to be here for up to seven hours for the test to be completed.

We advise that you bring something to keep you occupied and you are welcome to bring electronic devices, laptops etc and be able to do any work / studying / hobbies that you can do whilst sitting reasonably still for that time should you wish. There is free guest Wi-Fi which you can connect your phone or devices to, however if you plan to watch TV / Films / Media please bring headphones to minimise disruption to other patients.

What are the risks of having the test?

As with all procedures there may be risks. In some people, the tests may cause dizziness or fainting. There is a very small risk of perforation but your consultant will have examined your digestive tract, such as gastroscopy (camera test) or barium swallow, before sending you for this test so they can confirm there is no increased risk to you. The overall risk is considered to be low.

There is also a risk that it may not be possible to pass the catheter into the small bowel, or that it comes back out prematurely and we are

unable to pass it back into place. In this case, the test may have to be abandoned and we would discuss the options with you should that happen.

What are the alternatives?

There are currently no other tests that can provide the specific information about the muscle activity within the small bowel. There are tests which may support these tests such as a barium meal, however, they are not able to provide the level of detail that small bowel manometry provides in terms of the way the muscles are working.

Before the test.

Some medications can affect the tests and will need to be stopped prior to your appointment. You will need to stop any gut motility altering medications for 2 days before the test. These can include:

- Metoclopramide
- Domperidone
- Motilium
- Mebeverine
- Peppermint Oil
- Morphine or any other opiate based drug e.g. codeine, fentanyl etc

If you are unsure about whether you need to stop any of your medications please contact us on **0114 271 4293**.

It is important that you do not eat or drink anything from midnight before the test. This includes any assisted feeding methods such as NG, PEG, PEJ and TPN etc. Please contact us on the number above if you have any questions.

It is also important for safety that you have had a gastroscopy or a barium swallow test prior to this appointment. If you have not

had one of these examinations or it is more than 12 months ago we may need to rearrange your appointment and request this, and therefore ask you to contact us for advice.

You do not need to be sedated for the tests and it is not necessary for a friend or relative to accompany you but if you feel you would like someone with you we can permit **one** person to sit with you once we have passed the catheter into the correct place. We would kindly ask for noise to be kept to a minimum to respect other patients who may be undergoing tests and minimise disruption.

Can I bring my child / children with me?

Unfortunately, it is not appropriate to bring children under the age of 16 without appropriate adult supervision whilst you undergo your test. Adult supervision must be provided by someone other than the patient as children are not allowed to accompany you into the clinical rooms. Given the length of time of this test it is advised that you arrange childcare away from the hospital. Failure to ensure you have appropriate childcare may result in the cancellation of your procedure as the staff in the department are unable to care for your child / children. If this is likely to cause you significant difficulties, we kindly ask that you contact the department to arrange a more convenient appointment time or discuss your needs with the team.

What should I expect?

We will explain the tests in full and we will ask you about your symptoms and medical history. You may ask any questions you and we then ask you to sign a consent form if you are happy to proceed. You will be sat on a couch for the duration of the test which can be adjusted for your comfort and you can lay down but will need to remain awake. We may ask you to change positions to aid passage of the catheter into the small bowel.

As the tests may last up to seven hours, movement will be limited, however, it is possible to disconnect the catheter from the computer for short periods to allow toilet breaks as necessary. The Clinical Scientist may not be present continuously but will be undertaking other duties close by and will attend to you if needed. They will be entering the room to check the recording frequently throughout the test.

The Northern General Hospital is a teaching hospital and has a responsibility to ensure that students receive a high standard of training. Occasionally, there may be a trainee or assessor observing the procedure but we would inform you of this beforehand and it is your right to decline anything that you are not comfortable with.

What happens after the test?

You will be able to go home immediately after the test is completed and will be able to resume normal feeding and medication activities. Your results will be analysed and passed on to your Consultant. If you do not already have an appointment to see your Consultant, you will be contacted in due course.

For any further information please contact the Department of GI Physiology on **0114 271 4293** (please try to ring between 8am and 4pm otherwise please leave a voicemail). We will try to respond to your query as soon as possible.



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