

PROCEDURE PREPARATION FOR: MOTILITY STUDY

Motility study measures the movement and contractions of the esophagus and gastrointestinal (GI) tract. During this study, a thin flexible tube is inserted through the nose or mouth into the esophagus. The catheter has sensors that measure the pressure and contractions in the esophagus as you swallow. This test typically takes 30-60 minutes.

Special consideration: It is not advised to have these tests if you have a cardiac pacemaker and/or defibrillator, TENS unit or other electro-medical device.

3 DAYS PRIOR TO YOUR PROCEDURE

- ✓ STOP any medication that may affect your digestive tract function
 - Examples: Donnatal, Librax, reglan
- ✓ CONTINUE to take:
 - Regular prescription medications unless instructed to stop by our office or another provider

1 DAY PRIOR TO YOUR PROCEDURE

- ✓ STOP:
 - Do **NOT** consume alcohol, creamer, red or purple-colored liquids
- ✓ DIET:
 - Up until 11:45PM you may consume a regular diet
 - After 11:45PM, you may only consume clear liquids up until 4 hours prior to your procedure.
 - Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

DAY OF YOUR PROCEDURE

- ✓ **4 HOURS** before procedure:
 - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH** due to risk of aspiration. Failure to comply will result in your procedure being delayed or cancelled!

PREPARING FOR ARRIVAL

- ✓ Leave your valuables (including watches, jewelry, and personal effects) at home.
- ✓ Please bring your photo ID, insurance card, and an updated list of medications.

MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
 - Remember to check your blood sugars frequently the day before and day of your procedure.
- ✓ **For Patients on Blood Thinners:**
 - If you're taking blood thinners like Warfarin, Plavix, Eliquis, or Xarelto, make sure to follow the specific instructions our office has given you.
- ✓ **For Patients Taking GLP-1 Medications:**
 - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus.
 - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
 - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

Frequently Asked Questions (FAQs)

- For answers to frequently asked questions, visit our website: www.digestivehealthclinic.com
- Please remember to report to the hospital for your procedure.