Ann & Robert H. Lurie
Children's Hospital of Chicago™

Preparing for an Esophageal Manometry (EMAN) in the OR

BEST CHILDREN'S HOSPITALS
U.S.News & WORLD REPORT
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Dear Caregivers,

This book was written with patients of all ages in mind. We care for children from the first day of their lives, into their teenage years, and for a variety of reasons. Therefore, some of this may not directly apply to you and your family, and the language may feel a bit young.

Children as early as 2 ½ or 3 can understand simple phrases such as "helping your tummy feel better", and we encourage honest, clear communication with your child. This gives them the opportunity to ask questions, discuss their feelings and have a general understanding of what will happen to their body. It can be challenging as a caregiver to express this information without feeling like you're overwhelming your child. The goal of this book is to support you in doing just that.

You know your child best, and we encourage you to only use what you feel will be most helpful to your child. If you have more questions about preparing yourself or your child for this procedure, please contact the GI team using the information below:

Downtown Location
225 E. Chicago Ave., Chicago, IL, 60611
312-227-4200

Hello!

This book will help explain what an **Esophageal Manometry** is and what to expect during your visit to the hospital.

We will go over what you will see, hear, smell, and feel during your exam so that there are no surprises on the day of your appointment!

Remember that everyone you meet at the hospital is there to help your body, and you can always ask questions!

What is an Esophageal Manometry?

Let's sound that out: "Ee-sof-uh-gee-al Muh-nah-mah-tree". We can also call this exam "EMAN" for short.

The "EMAN" exam is a test to see how the muscles in your **esophagus** (sometimes we call this your throat) are working. These are the muscles that are important for pushing the food you chew into your stomach. Sometimes our muscles have a hard time knowing what to do, which is why some kids can have a hard time swallowing.

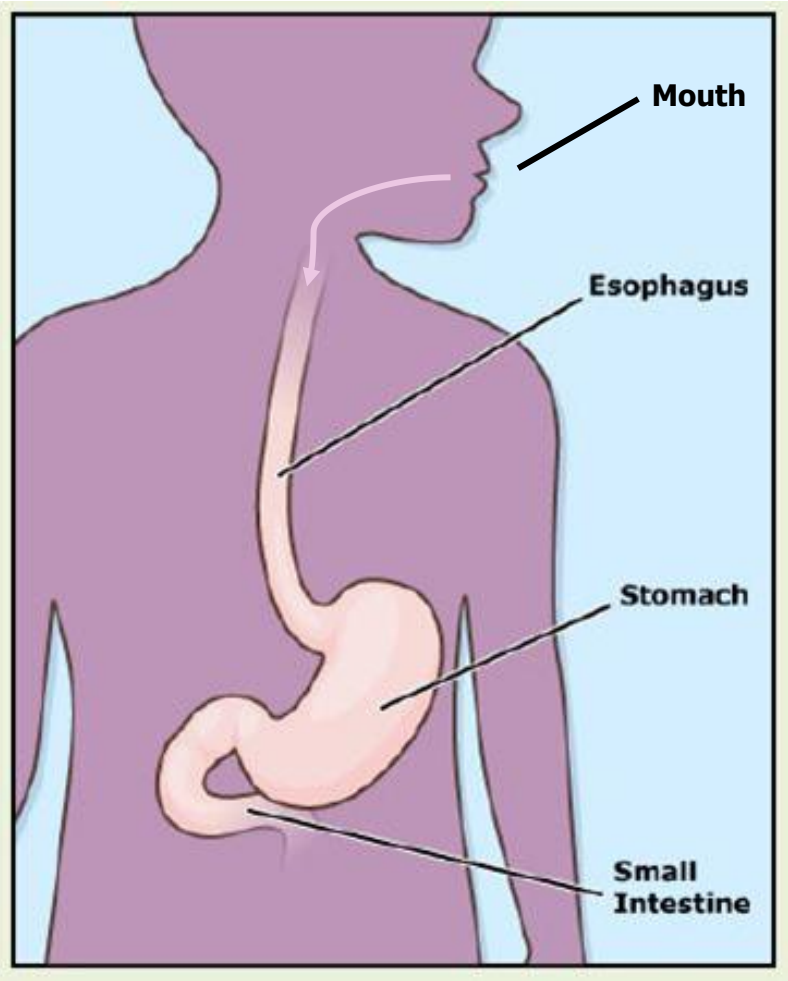
This exam will help the doctors learn more about your muscles and find a way to help make it easier for you to swallow. The part of your body that the doctors will check is your **esophagus** (where you swallow your chewed food). There is a cartoon picture on the next page if you want to see what this looks like. If not, please skip it!

You will be asked to bring some food from home. Since we want to know more about what is making it difficult to swallow, you may be asked to bring some food that is hard for you to swallow. This probably isn't your favorite, but we really need to see what is making it hard for your muscles to swallow. Make a list below of the food(s) you'd like to bring!

Something that's hard for me to swallow is: _____

Something that's easy for me to swallow is: _____

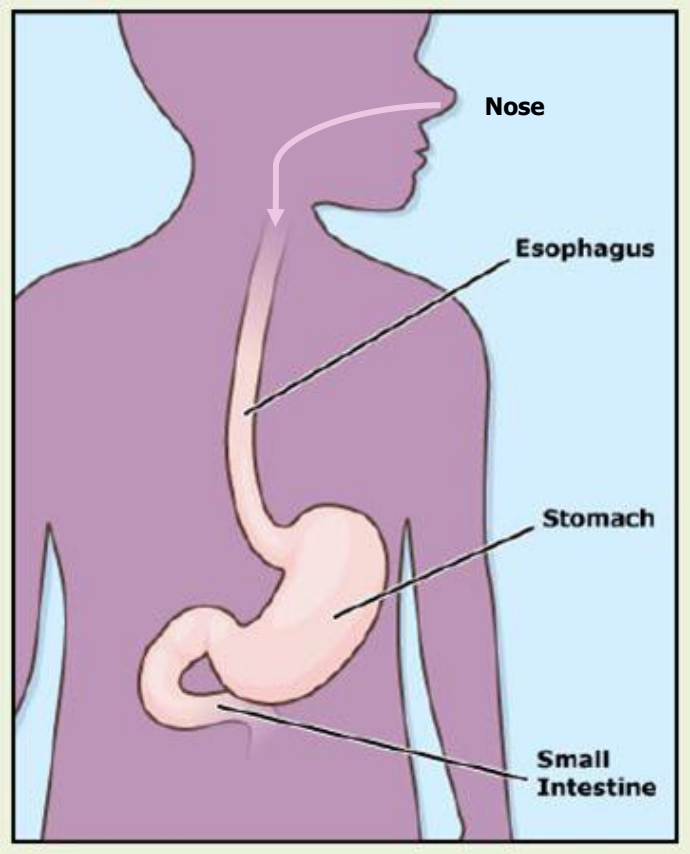
The Upper GI System



Food starts here in your **mouth** where you chew it!

Chewed food then moves down your **esophagus** when you swallow. (This is the part that may feel hard for you with all or certain foods, and we want to learn more about why!)

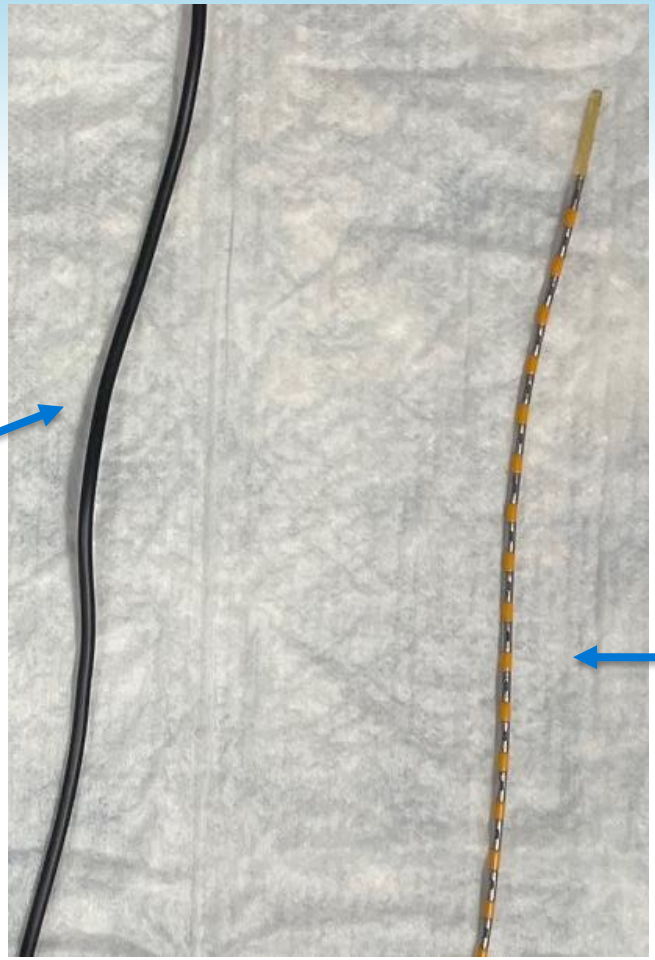
The swallowed food finally moves into your **stomach**.



To learn more about what your muscles are doing, we need to place a small bendy tube into your nostril and down into your **esophagus** (throat). To make sure you are as comfortable as possible, we will place this tube when you take a special sleep with medicine called **anesthesia.** This makes it so that **you will not feel, see, or hear them placing the tiny tube!** We'll talk about this more in the next few pages too. If you'd like to see what the tiny tube looks like, please see the next page. If you do not, please skip it!

When you wake up from your special sleep, you will have the tube in your nose until you are completely done with your exam. We know this may be hard, and feel weird, but the tube is how we learn more about your body, so it's really important. It is only there until the exam is done, and then slides out!

Phone Charger (to compare size with nose tube)

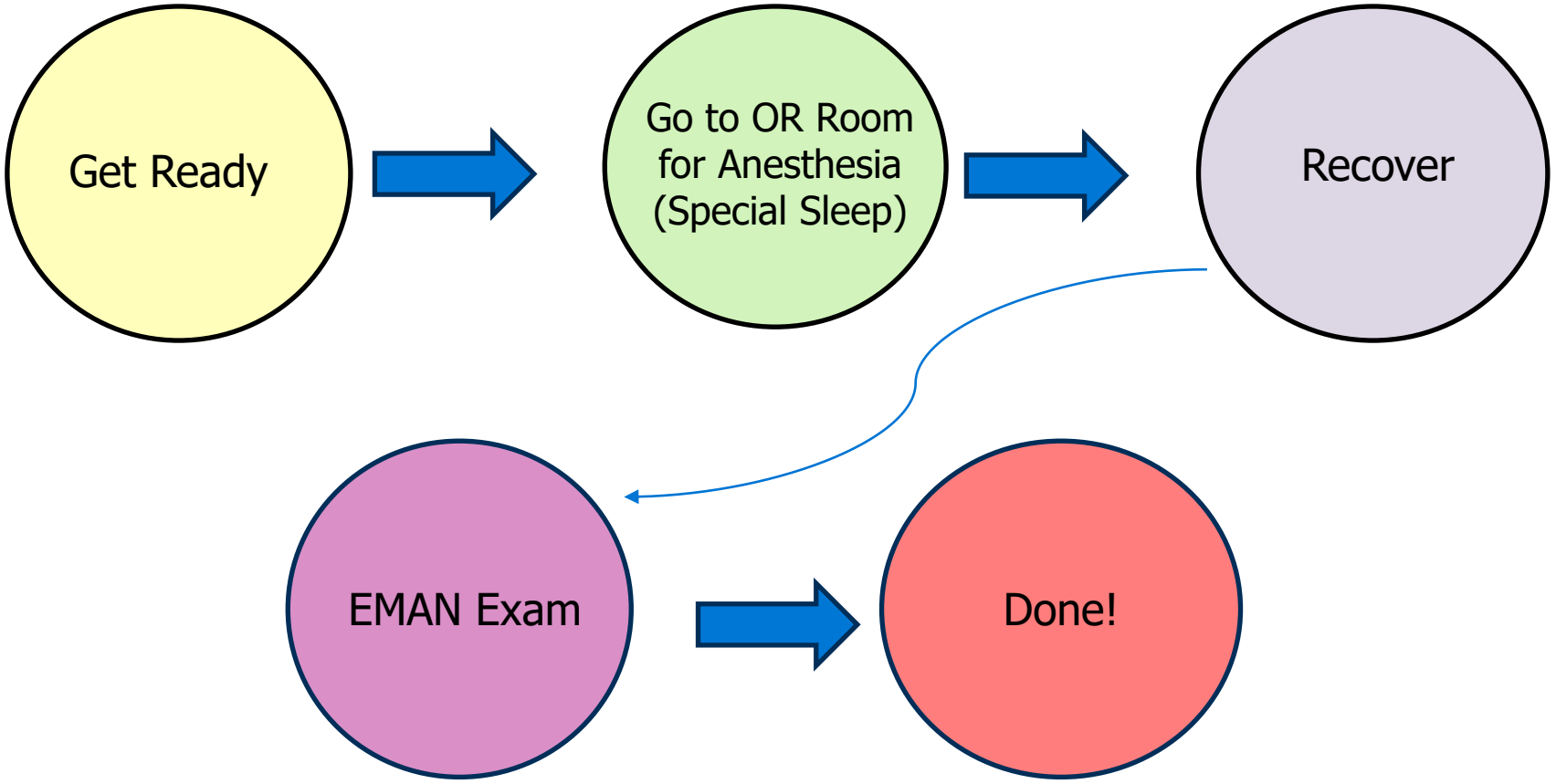


Nose Tube

The orange tube on the right side of the picture is the bendy nose tube that the doctor will put in your nose and ask you to swallow for the test. Some kids say it reminds them of a spaghetti noodle. This tube is skinny like a phone charger (on the left). The grey parts on the orange tube are sensors that help measure how your **esophagus** muscles are doing when you swallow.

What are the steps?

When you are here to have your tube placed asleep and then wake up for the "EMAN" exam, this is what the day will look like.



You and your family can ask your nurses or doctors any questions you have.

Here is some space for you to write down your questions as you continue to read this book.

1.

2.

3.

4.

5.

6.

Caregiver Note: We know that kids can sometimes surprise you with the questions they ask.

We encourage honest, truthful communication, but we don't expect you to have all the answers. We support you answering, "I don't know", and letting your child know you will learn together from their doctor or nurse.

You can help model a trusting relationship with medical staff by writing down questions to ask at the hospital.

Get Ready

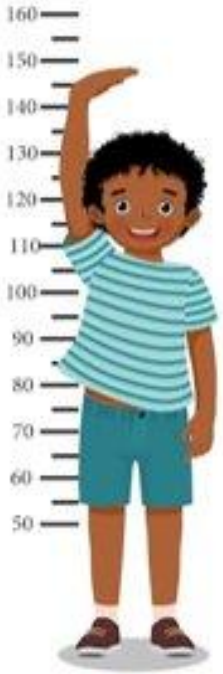
After you come to the hospital, you will check in on the 2nd floor. You and your family will get a special badge that tells people you are supposed to be in the hospital. Then you will take the elevator to the 6th floor. You will wait in the waiting room until someone calls your name to take you to the next room, called the pre-op room.

Once you are in your pre-op room, you can watch a movie, play with some of the hospital's toys, or read books while you wait. You'll get hospital pajamas to change into so that your clothes from home stay clean. We also have toasty warm blankets to share!

You will then meet your **nurse**, who is someone that takes care of you the whole time you're at the hospital. The nurse will check your **vitals**, which are things like checking your weight, height, temperature, blood pressure, and breathing. None of these things will hurt and won't take too long to do.

You will also get a **gown** to change into, which are like hospital pajamas so that your clothes can stay nice and clean.

You can check these off as you go if you'd like!

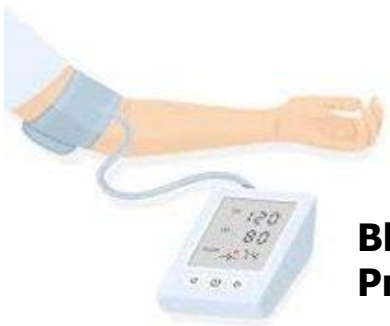


Height and Weight ☐

Temperature ☐

Gown ☐

Breathing ☐



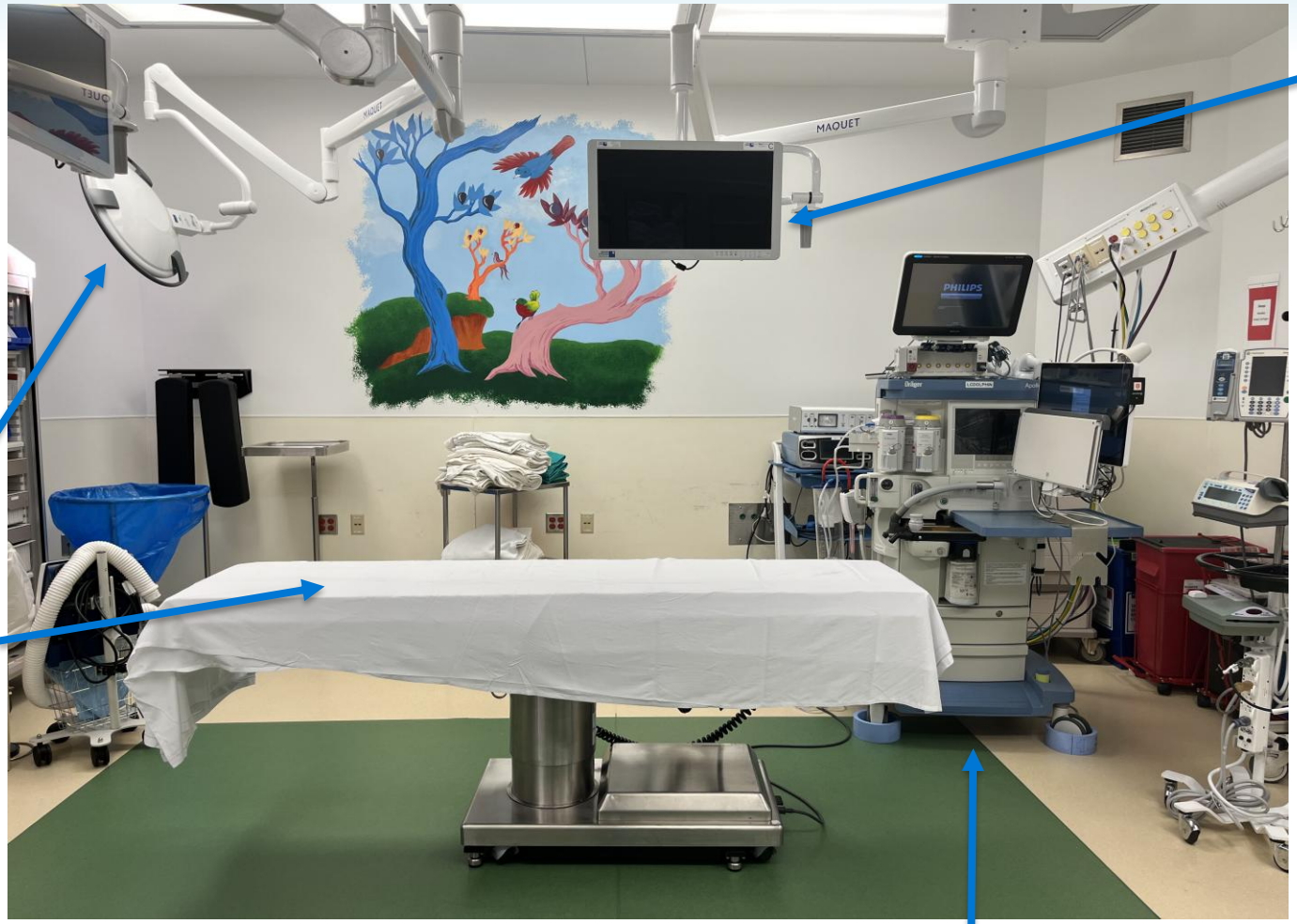
Blood Pressure ☐

Go to OR Room for Anesthesia (Special Sleep)

When it is time to take your special sleep, we will say "see you soon!" to your family. While you ride on your bed to the next room, they will be waiting for you after your sleep. You can bring your favorite stuffed animal or blanket with you if they make you feel comfortable and safe!

The bed in the next room may look different from your bed at home. This is where you will lay down for your sleep. There is a seatbelt that will work just like it does in the car, going over your lap to keep you safe on the bed.

If you want to see a picture of what your room will look like, turn to the next page! If not, please skip the next page.



Computer Screens

Lights

Bed

Anesthesia Machine (sleepy air machine)

Go to OR Room for Anesthesia (Special Sleep)

Anesthesia (ann-ess-THEE-shuh) is the name of the medicine that makes sure you do not feel anything during the next part of your procedure, which is placing your nose tube.

Some kids will get their anesthesia through a mask. The mask looks like a rain drop, and will touch the top of their nose, their cheeks, and their chin. It will feel squishy like a balloon where it touches their face. The anesthesiologist will attach a long tube to the mask that puts the sleep medicine into the mask.

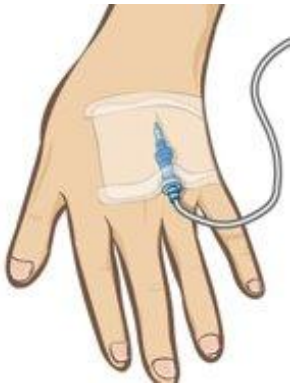
You get to choose a flavor for your sleep medicine! There are lots of flavors you can choose from like strawberries, cherries, oranges, and bubblegum. You can ask your medical team which ones you can choose from on your procedure day.

The anesthesia team will make sure you stay asleep the whole time, but not any longer than you need to. They make sure you are safe every single second that you are in the OR room. If you're feeling nervous about wearing the mask, you can talk to your anesthesiologist about other ways to go to sleep.

Go to OR Room for Anesthesia (Special Sleep)

Anesthesia (ann-ess-THEE-shuh) is the name of the medicine that makes sure you do not feel anything during the next part of your procedure, which is placing your nose tube.

Some kids will use an **IV** to fall asleep if it is safer for their body. An IV is a small plastic straw that lays inside one of the blue lines in your hand or arm called your **veins**. The IV is skinnier than a piece of spaghetti. It feels rubbery and bendy. It will not hurt after it is in your arm or hand.



The IV will deliver the anesthesia medicine to your body through your veins. This medicine works quickly to keep your body calm and allow your body to take the special sleep for your procedure.

The anesthesia team will make sure you stay asleep the whole time, but not any longer than you need to. They make sure you are safe every single second that you are in the OR room.

There are lots of ways to make putting in an IV very easy, and without causing a lot of pain. You and your family can talk to the anesthesia team about what their plan is for you. They will be able to tell you when your IV will be placed.

It is normal to feel nervous about having an IV placed. Remember, we are all here to help make this as easy as it can be!

Recover

When your procedure is done, the next room you will see looks like this. This is called the PACU (“PACK-you”), sometimes we call it the wake up room.

The team will get you settled, and we will get your family back together as soon as possible. The nurses and doctors you see will be there to help make sure your body is safe.

When you are feeling more awake, you and your family will go to the GI Suite to complete your EMAN exam. Remember, The tube will stay in until the EMAN is done.

EMAN Exam

Your caregiver gets to stay with you the whole time in the exam room. You can also bring your favorite stuffed animal or blanket with you if they make you feel comfortable and safe!

If you want to see a picture of what your exam room will look like, turn to the next page! If not, please skip the next page.

Lights

Computer Screens

Bed

There will also be a space for your caregivers to sit with you the whole time!

This computer will also be in the exam room. It shows what your esophagus muscles are doing during the test.

There is a team who will be with you in the room to tell you step by step what to do and watching this computer!

Coping During the EMAN Exam

We want to validate and say that this test can feel a bit hard or overwhelming, especially if you're having a difficult time swallowing. We want to remind you that this exam is necessary to help your body. Your caregiver will be there the whole time (if you'd like).

To hopefully make this a bit easier, and increase your **Emotional Safety,** we want to give you as many choices as possible! Please see the next pages for some choice options for your EMAN exam. Sometimes it can be helpful to go through with an adult if choices feel hard, and you can always change your mind!

There are two versions of the choice charts on the next two pages. Use which one feels best for you! You can bring this with you to your visit, or you can take a photo and show the team to remind them of your choices.

Caregiver Note: We know that this exam can be difficult for our patients. You know your child best, and we encourage communication with the care team on what you believe will be most helpful for your child. The next few pages can be gone through to give some control back to your child in terms of what decisions they can make. Feel free to use only if it feels helpful!

LURIE CHILDREN'S CHILD LIFE DEPARTMENT

MY "EMAN" COPING PLAN

MY NAME IS:_____

HOW MUCH WOULD YOU LIKE TO KNOW BEFORE?

EVERYTHING I CAN

A LITTLE

ONLY WHAT I ASK

SOMETHING ELSE

_____

_____

_____

HOW MUCH WOULD YOU LIKE TO SEE BEFORE?

SEE EVERYTHING

SEE A LITTLE

SEE NOTHING

SOMETHING ELSE

_____

_____

_____

WHAT DO YOU WANT TO SQUEEZE?

A STRESS BALL

SOMEONE'S HAND

MY TOY

SOMETHING ELSE

_____

_____

_____

WHAT DO YOU WANT TO DO DURING YOUR EXAM?

DEEP BREATHS

LAY QUIETLY

LISTEN TO MUSIC OR WATCH MOVIE

SOMETHING ELSE

_____

_____

_____

WHAT DO YOU WANT TO HEAR DURING?

VOICES EXPLAINING

MUSIC OR MOVIE

COUNTING

SOMETHING ELSE

_____

_____

_____

IF CHOICES FEEL HARD, ASKING A SAFE PERSON TO HELP MAKE THESE CHIOCES IS A GREAT IDEA!

DESIGNED BY LURIE CHILDREN'S CHILD LIFE SPECIALISTS WINTER 2025

"EMAN" EXAM CHOICE PLAN

Having an EMAN procedure can feel hard, but there are a lot of ways to make it a little easier. You know yourself best – choose what will make you feel more comfortable and in control to increase your **Emotional Safety!** You can also work together with an adult if choices feel hard.
You can give this page to the team who is there to help your body. **Please know if someone says a choice is not an option, it is because they are in charge of keeping you and your body safe as well as themselves.**

How much information would you like to know before the procedure?	Tell me everything ○ Tell me only the big things ○ I don't want to know ○
How can staff in the room best support you?	Tell me things before they happen ○ Tell me things as they happen ○ Do not tell me anything at all ○ Only tell me if I ask ○
This test does involve a small tube. Would you like to see the tube when we get to the procedure room?	Yes ○ No ○ Not sure, I'll decide when we get there ○
Some kids like their surroundings very quiet. What is most helpful for you?	Quiet room ○ Talk to me throughout ○ Not sure, I'll decide when we get there ○
Some kids like to have a plan for during their procedure. What sounds most helpful for you?	Deep breathing ○ Squeezing something or holding a hand ○ Listening to music or watching something ○

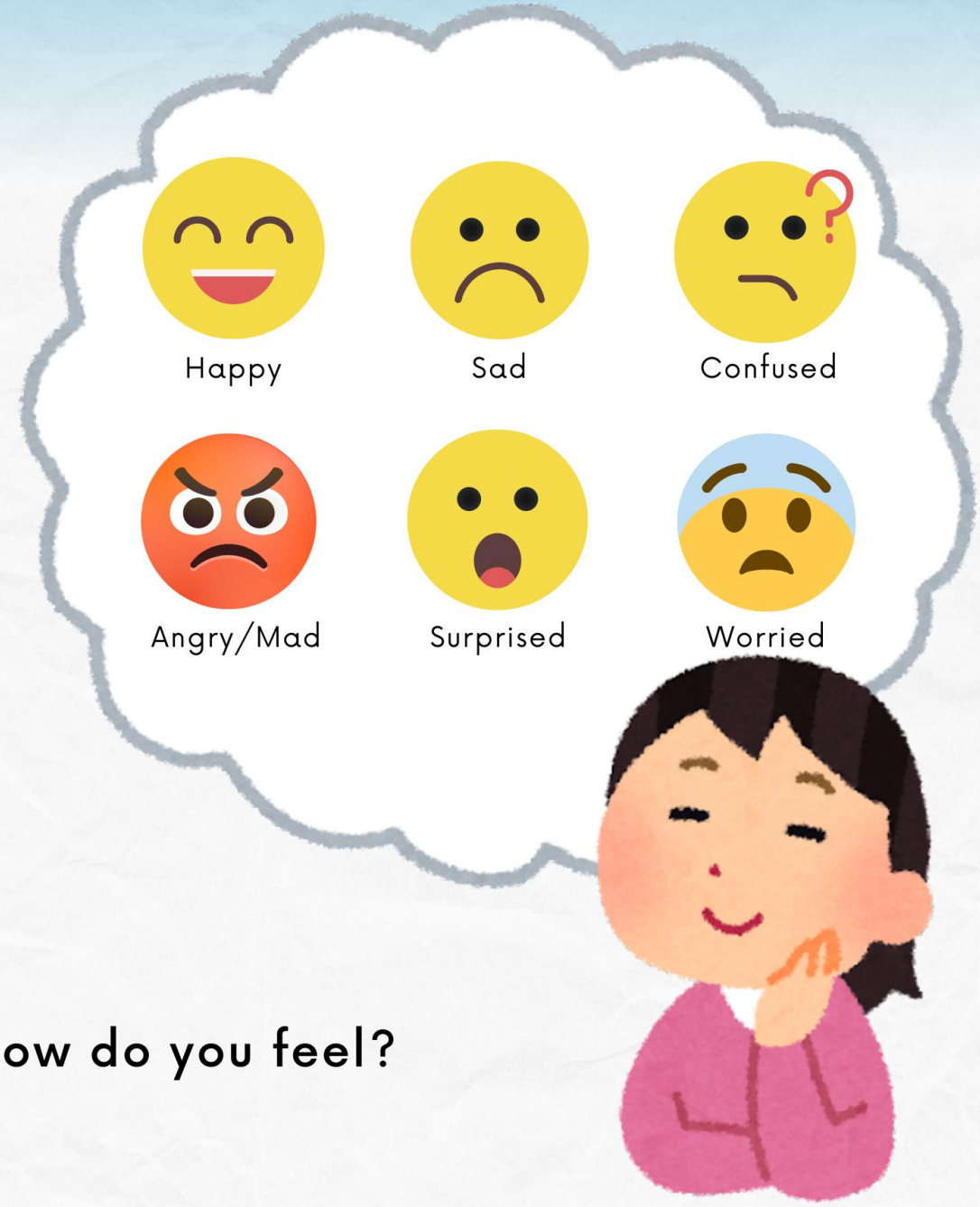
Done!

Then it's time to go home! You are all done with your tests, and we hope that you will feel proud of yourself for being so brave!

We already know how amazing you are, and we are ready to take amazing care of you and your family.

If you have big feelings about your visit, use the list on the next pages to talk about it with your family and medical team.

We will see you soon!


Happy
Sad
Confused
Angry/Mad
Surprised
Worried
How do you feel?

Before we go to the hospital, I will feel:

Nervous Excited Happy Confused Glad Scared

Hungry Curious Brave Worried Silly Shy Mad

Tired Proud Thirsty Surprised Good Quiet Anxious

Other feeling names:

While we are at the hospital, I will feel:

Nervous Excited Happy Confused Glad Scared

Hungry Curious Brave Worried Silly Shy Mad

Tired Proud Thirsty Surprised Good Quiet Anxious

Other feeling names:

After we leave the hospital, I will feel:

Nervous Excited Happy Confused Glad Scared

Hungry Curious Brave Worried Silly Shy Mad

Tired Proud Thirsty Surprised Good Quiet Anxious

Other feeling names: