

Tips for Administering the Esophageal String Test



- Encourage the patient to place the capsule as far back on their tongue as they can, and to also place a small portion of the string inside their mouth.
- For pediatric patients you may assist by placing the capsule at the back of the throat
- Have the patient gulp (not sip) water to help get the string down
- Prior to test encourage patients to practice swallowing with a tic tac or vitamins
- Have patient swallow the capsule in the same way they would typically swallow their vitamins or medication
- Encourage deep, slow breaths in the nose and out of the mouth to decrease the risk of gagging
- For pediatric patients, have them sit on their hands as soon as the capsule is swallowed to avoid them instinctively pulling it back out
- Coach the patient, explain how simple the test is. This test can be anxiety-inducing, help them stay calm!

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