

**THE PHYSICIAN FOUNDATION AT CALIFORNIA PACIFIC MEDICAL CENTER (PFCPMC)** is a multi-specialty physician group focused on tertiary and quaternary services. Our goal is to support the private practices of community-based physicians by offering deep expertise in specialty services not typically provided locally. With more than 100 physician members, PFCPMC provides medical services at over 40 outreach clinics throughout Northern California and Nevada. We are headquartered in San Francisco and are affiliated with California Pacific Medical Center (CPMC).

CPMC was recently named one of the top 50 hospitals in the U.S. by the Leapfrog Group, a nonprofit organization that measures hospital quality and safety. California Pacific is home to the Bay Area's thought leaders in specialty medical care. Our relationship with this outstanding medical center allows us to extend the practices of primary and secondary care physicians by offering expertise for complex cases, leading-edge technology and the highest standards for patient care.

### Lodging

In the event that you may need to stay in San Francisco overnight, the Cathedral Hill Hotel is the hotel of choice for California Pacific. It offers low rates to California Pacific's patients and families and provides a staff person as a liaison to the Medical Center. Complimentary shuttle service is available from the Cathedral Hill Hotel to California Pacific Medical Center's Pacific Campus.

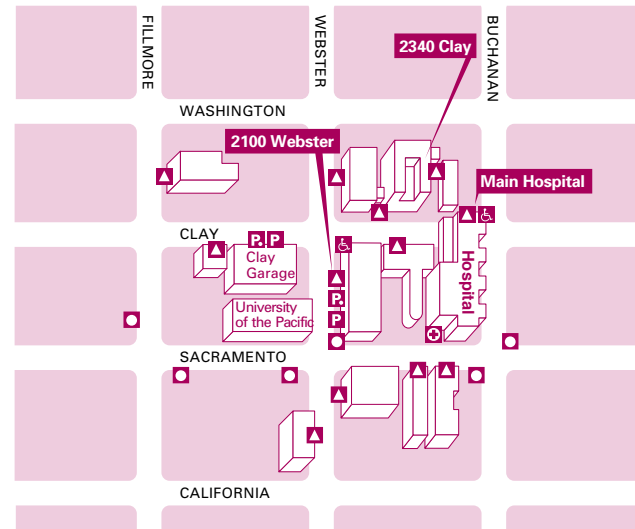
### Cathedral Hill Hotel

1101 Van Ness Avenue  
San Francisco, CA 94109

Receive the CPMC discount room rate call 415-776-8200 or 800-622-0855 and ask for the "special patient rate."

Monday – Friday: 7 a.m. to 5 p.m.  
Saturday – Sunday: 10 a.m. to 6 p.m.

## Program Location



### Map Legend

- Entrance
- Disabled Entrance
- Emergency Room
- MUNI Stop
- Parking
- Disabled Parking

### Center for Neurogastroenterology and Motility

2340 Clay Street, 2nd floor  
San Francisco, CA 94115  
Tel: 415-600-1138  
Patient Referrals: 888-637-2762  
[www.pfcPMC.org](http://www.pfcPMC.org)

William J. Snape, Jr., M.D.  
*Medical Director*

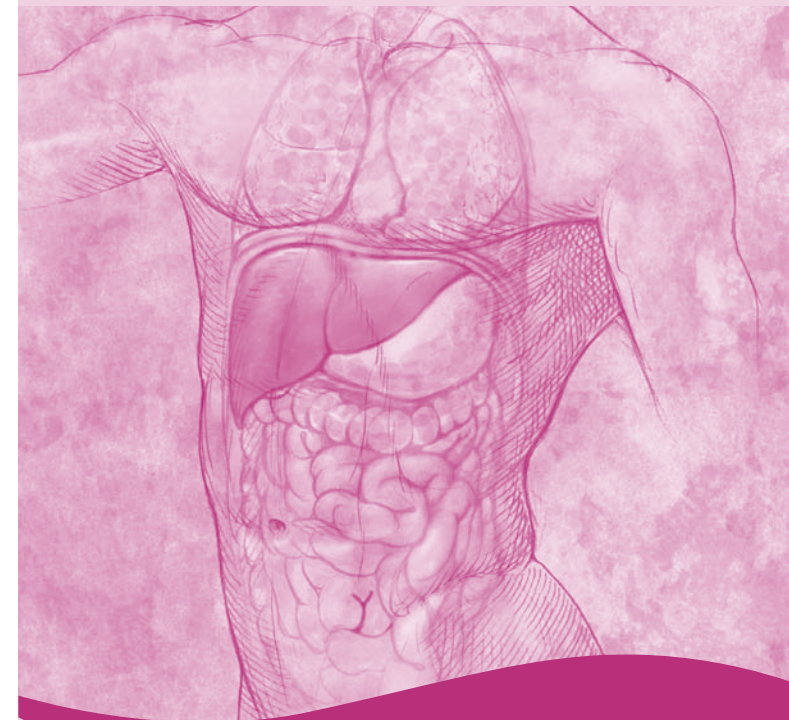
Shelly Parker, R.N., MSN, ANP-C  
*Adult Nurse Practitioner*



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MOT-neurobro-2008

# Center for Neurogastroenterology and Motility



Physician Foundation  
at California Pacific  
Medical Center

A Sutter Health Affiliate  
*With You. For Life.*

Beyond Medicine.

## Gastrointestinal Motility Disorders

Gastrointestinal motility disorders affect millions of men, women and children. These disorders range from gastroparesis, affecting a small number each year, to common gastrointestinal disorders — Irritable Bowel Syndrome (IBS), gastroesophageal reflux disease (GERD), and fecal incontinence. Motility disorders can involve any part of the gastrointestinal (GI) tract including the esophagus, stomach, small intestines, and colon.

## Motility Disorder Diagnostic Testing

Motility disorders result when any chronic abnormal muscular activity, such as muscular spasms or irregular contractions, start causing pain, diarrhea, constipation, indigestion, vomiting, or abdominal bloating. Since these disorders are functional, not structural, they usually cannot be identified by X-ray, blood tests, or endoscopy. Even though many of these disorders are accentuated by stress and emotional upset, they are physical conditions and not psychological.

Motility experts evaluate adults using advanced medical technology for gastrointestinal motility and manometric studies, and disorders associated with faulty movement of luminal contents. Patients are treated with a variety of drug therapies, interventional endoscopy, or surgical options best suited for their condition.

## Diagnostic Testing Techniques

- **ANORECTAL MANOMETRY** — measures anal pressure and rectal sensations, and assesses the rectoanal inhibitory reflex and excitatory reflex for patients presenting with rectal incontinence or constipation.
- **ANTRODUODENAL MANOMETRY** — measures the pressure waves in the stomach and adjacent small bowel and records the pressure changes in antrum and the duodenum.
- **BILIARY MANOMETRY** — measures pressures of the sphincter of Oddi to diagnose dysfunction.
- **COLON MOTILITY/TRANSIT STUDIES** — measures the degree of abnormal contractions and movement of stool in the colon.
- **ELECTROGASTROGRAM (EGG)** — records stomach muscle electrical signals and conduction before and after food ingestion.
- **ESOPHAGEAL MANOMETRY** — measures the pressure within the esophagus, records and evaluates the muscular function of the esophagus.
- **ESOPHAGEAL pH IMPEDANCE MONITORING** — provides a more complete esophageal function test than esophageal manometry alone, detecting nearly all GERD episodes, acid, as well as nonacid.
- **ESOPHAGEAL pH STUDY** — measures the acid reflux flow into the lower esophagus.
- **GASTRIC EMPTYING STUDY** — measures the flow of liquids or solids through the stomach.
- **GASTRIC BAROSTAT STUDIES** — measures gastric motor activity as changes occur in stomach volume and pressure.
- **LACTULOSE BREATH TESTING** — detects and measures small bowel bacterial overgrowth to evaluate and investigate gastrointestinal disorders.
- **PYLORIC MANOMETRY** — measures pyloric pressure to diagnose pylorus spasms.
- **SMART PILL®** — measures contractions throughout the GI tract.

## Who should be referred?

Neurogastroenterology and motility services are for patients who have —

- abdominal pain;
- altered bowel habit;
- dysphagia (inability or difficulty swallowing);
- intractable gastroesophageal reflux (GERD);
- nausea; or
- vomiting

— which cannot be explained by an anatomically identified lesion in the gastrointestinal tract.

Our goal is to help patients gain control over their symptoms and improve their daily life. Results obtained from the motility tests lead to new therapies helping to relieve the patient's symptoms.

New therapies include:

- gastric electrical stimulation (Enterra)
- endoscopic gastric plication (NDO)
- anal sphincter retraining (biofeedback)
- GI monitoring system capsule (SmartPill)

## Clinical Research

The Center for Neurogastroenterology and Motility is proud to be selected as part of National Institute's of Health Gastroparesis Registry. One of six centers nationwide, this observational study will follow the, natural history, clinical course, and other outcomes of gastroparesis. For more information on this exciting study, please visit the California Pacific Medical Center Research Institute at [cpmc.org/research/trials](http://cpmc.org/research/trials).