

Be careful when prying on fuel lines... it's possible to puncture a line.

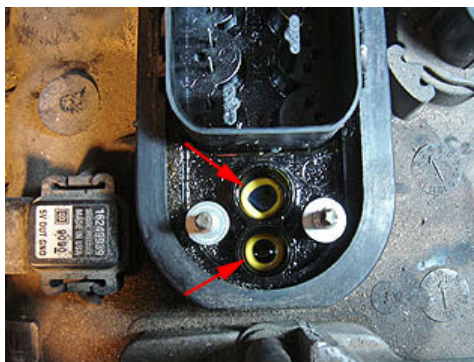


I lifted the fuel lines out.

But... before doing this, I **cleaned the area** around these tubes with a spray can of automotive brake parts cleaner and some Q-tips. There was a lot of dirt around this area, and if any of that grit gets into the fuel system it can ruin one or more fuel injectors.

Close-Up View, Looking Straight Down:

Note the yellow o-rings in each fuel connection (arrows). Underneath the yellow o-ring is a metal washer and a black o-ring. One set of these o-rings came out when I first removed the tubes.



Removing The Upper Intake Manifold:

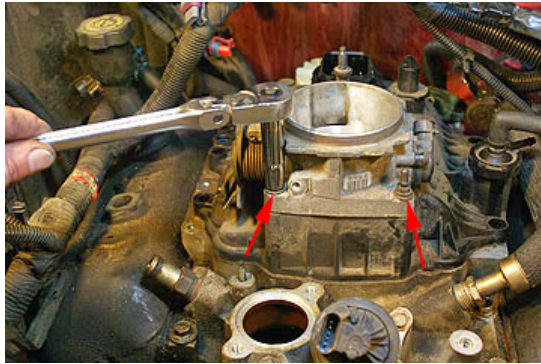


At this point the upper intake manifold and throttle body were ready to be removed.

I used a bungee cord to lift that big wiring harness out of the way.

I used a 10mm deep socket to remove the bolts along the side of the upper intake manifold.

Two bolts had already been removed when I took off the purge valve.



There were two long bolts at the front of the throttle body, and two regular bolts at the rear of the upper intake manifold.

Once all the bolts were removed, the manifold was loose but it wouldn't lift up.

I pressed down on the fuel injection part while I lifted the front of the throttle body.



Then the upper intake manifold was completely free.

The view from the front. I was surprised at how dirty this was. I believe the black stuff is oily residue that is drawn



into the engine from the crankcase. I'm not sure if this stuff does any harm.

The bottom of the upper intake manifold, which is also called the *plenum*.

The orange line is a rubber gasket that sits in a deep groove in the manifold.



Top view.

I later learned that the throttle body could've been removed easily.

I used mineral spirits and a brush to clean the areas between the intake manifold and the cylinder heads. There was a lot of dirt and grit on the engine, and I didn't want this to get inside the engine when I removed the manifold.



Removing The Distributor:



The distributor is held down with one bolt (red arrow).

However, reaching this bolt with a wrench can be very difficult. Some mechanics use a special tool called a "distributor wrench" which is basically an L-shaped wrench that can reach under the distributor. But I didn't have one.

There is an electrical connector on the back-right of the distributor, which I had unplugged earlier.

I made match marks on the distributor body (middle arrow) and on the intake manifold (lower arrow) to indicate the original rotor position when the distributor is replaced. (The upper arrow indicates the tip of the rotor.)

To make the mark on the distributor body, I used a silver-colored Sharpie marker. Other good marking methods are paint markers or White-Out correction fluid.



To make the match-mark on the lower intake manifold, I used a **red marker AND a scratch-awl**. It's important to make a decent scribe mark in the metal, because after the manifold is cleaned up with an abrasive disc the mark will be hard to see.



Using a **short** 10mm wrench, I was able to loosen the distributor hold-down bolt.

After I removed the bolt, I pulled the distributor straight up. The entire unit wanted to rotate as I lifted, which is normal.



The distributor after being removed.



IMPORTANT: Resist all temptation to play with it and turn the shaft. Nothing good can come of it.

The distributor mounting hole.

Note that there is a fiber gasket between the distributor and the metal ring around this hole. The intake manifold gasket set that I bought included a new fiber washer, although the old one probably could've been re-used.



Finally... Removing The Lower Intake Manifold:



The lower intake manifold was ready to be removed.

There are 8 bolts to remove... 4 at the front, 4 at the back. I added red arrows to indicate all the bolts that are visible in this photo.

The two bolts (arrows) are at the back left side. There are two similar bolts on the right side, but it's difficult to take a picture of them.

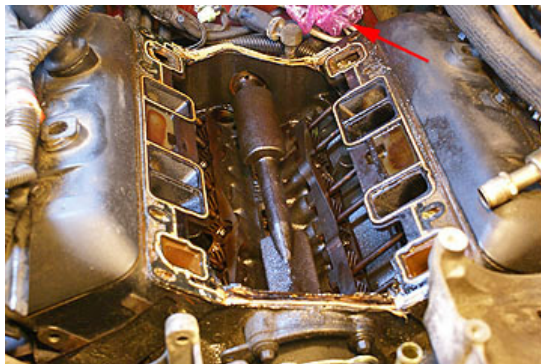




I removed the bolts with a 13mm socket, long extension and ratchet. First I **loosened each bolt** and then I removed them all.

I used a pry bar to loosen the intake manifold, by prying under the front of the manifold just above the timing chain housing.

Then I lifted the intake manifold off the engine.



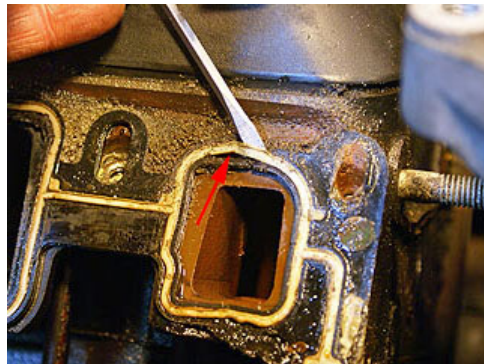
This is the engine with the lower intake manifold removed.

The red arrow points to a **plastic cover** (a Saran Bowl Cover, actually) that I placed over the open ends of the fuel lines. I needed to keep dirt out of the fuel lines because even the smallest piece of dirt could plug a fuel injector.

There were several **small puddles of antifreeze** in here, which must have been spilled as I lifted the manifold off. I used a paper towel to soak up any puddles of coolant, which can create problems when it mixes with engine oil. (Remember... this area is bathed with engine oil.) I'll change the oil after I'm done with this repair, just in case anything gets into the crankcase.

I found this bad spot in the intake manifold gasket at the **front right**. If I pushed on this spot it would move around... as though there was nothing behind it. This is adjacent to a coolant passageway. The coolant leak pictured at the beginning of this article was directly above this spot. I found the "smoking gun".

Directly across the "valley", there was another weak spot in the gasket over the front left cooling passage. When I touched the gasket, the hard plastic backing crumbled, creating a weak spot similar to the one in this picture. The left side was ready to start leaking too.



I've learned that the intake manifold gasket is made from a heavy piece of nylon with narrow beads of silicone on both sides.

Why Did This Leak Happen?

In the mid-1990's General Motors began using a new type of coolant called Dex-Cool. After a few years some vehicle owners started experiencing cooling system problems such as leaks at the water pump and gaskets. Dex-Cool has also been shown to cause a sludge buildup that can plug up the radiator, heater core and cooling passageways inside the engine. That last item can cause an engine to overheat and destroy itself.

I've read online that Dex-Cool has been accused of degrading the nylon middle layer in the intake manifold gaskets. When I removed the gaskets they broke around every cooling passageway.

Several years ago there was a class-action lawsuit filed against General Motors seeking monetary damages for owners of vehicles with problems caused by Dex-Cool antifreeze. It's too late to join the lawsuit, the filing deadline was in May 2008.

My wife's car has had regular green antifreeze since I've known her. The original Dex-Cool coolant was replaced by a previous owner. I guess I'm lucky that the car went 160,000 miles before developing this coolant leak.



I spent a few minutes with a shop vac and a small screwdriver to scrape off any dirt and suck it into the vacuum cleaner. I want to avoid getting too much grit in the crankcase.

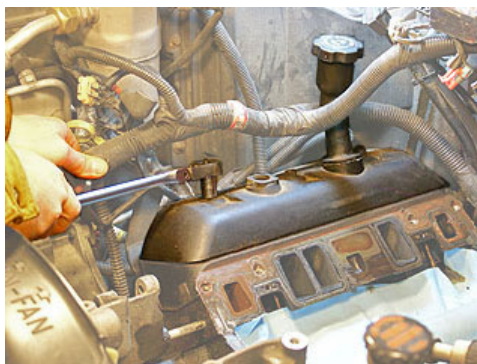
I removed the gasket with a razor-type gasket scraper.

I also placed two **paper towels over the open area** of the engine, to keep loose debris from falling into the engine and blocking an oil passageway or gumming up the camshaft.

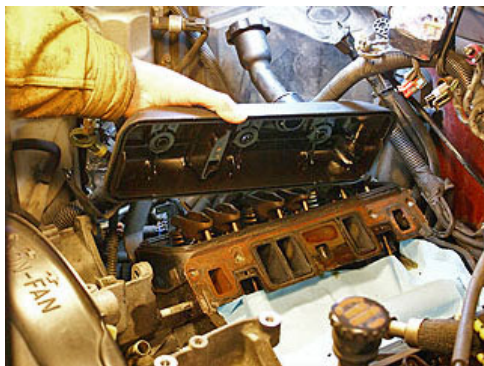
Extra Deluxe Step: Replacing The Valve Cover Gaskets

This engine had oil seeping down the front, back and sides, which I'm guessing leaked out around the valve covers. While I had the engine apart, I decided to replace the valve cover gaskets, which cost about \$19 at my local CarQuest parts store.

I removed the 3 valve cover bolts with a 13mm socket.

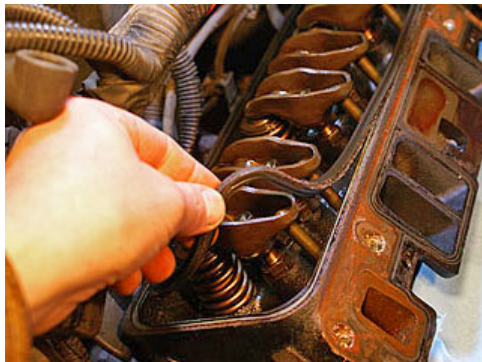


Then I lifted off the valve cover.

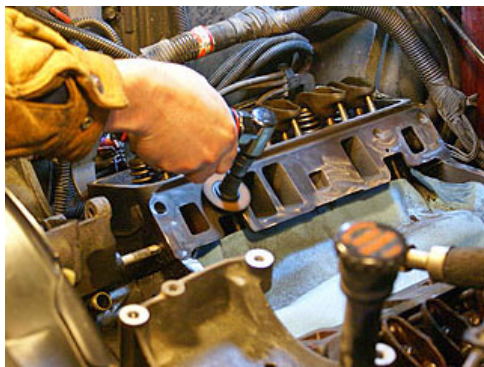


And I peeled up the gasket.

This rubber gasket fits into a groove in the valve cover.



Cleaning Up The Mating Surfaces:



Before replacing the valve covers or the intake manifold, I cleaned up the mating surfaces with a die grinder and a 3M Roloc abrasive disc.

Clean surfaces are very important or the gasket may not seal properly.

I also cleaned out the bolt holes by sucking out the dirt with a shop vac. Then I used a Q-tip soaked in brake parts cleaner to wipe any dirt and oil from the threads.

There were some areas of the valve cover mating surfaces that I could not reach with the Roloc disc, so I cleaned them with a piece of 220 grit sandpaper wrapped around a small block of wood. Then I sanded the valve cover mating surfaces with 400 grit emery cloth and the wood block. I wiped the surfaces clean before installing the valve covers.

The valve cover gasket has a ridge on the top side which fits into a groove in the valve cover.

I pressed the new valve cover gasket into place.



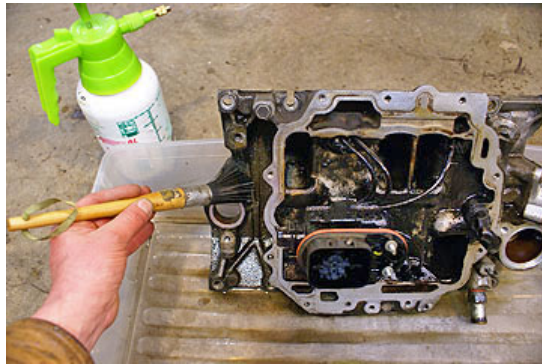


I set the valve cover in place and installed the bolts with a 13mm socket.

The torque specification for these bolts is **106 inch-pounds**, which is less than 9 foot-pounds. That's not very tight, so don't overdo it.

To help with cleaning these parts, I poured some mineral spirits (paint thinner) into a small **garden sprayer** that can be pressurized with a built-in hand pump.

I set the intake manifold in a large plastic bin and sprayed some mineral spirits all over it. Then I scrubbed it with a parts cleaning brush to get the dirt and oil off.

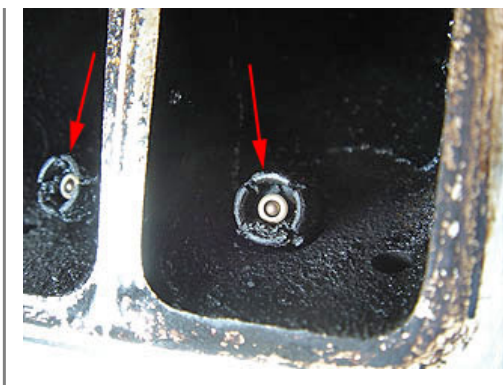


I set the intake manifold on a milk crate and used a die grinder with a Roloc disc to clean up the mating surfaces. First I did the top side.

I turned the intake manifold over and cleaned the mating surfaces on the underside. These are the critical surfaces that mate with the cylinder heads.



A close up view: These are the fuel injector nozzles. Be



careful with these... the cost almost a hundred bucks **each**.

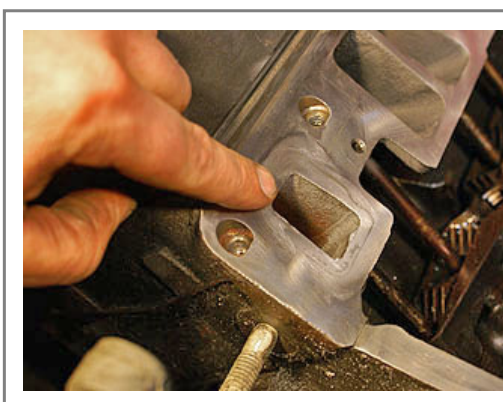
After cleaning the surfaces, I noticed some pitting around the cooling passages where the gasket meets the metal.



Bolt Prep:

I cleaned up the intake manifold bolts on a wire wheel mounted to a bench grinder. There appeared to be some type of thread locking compound on the bolts.

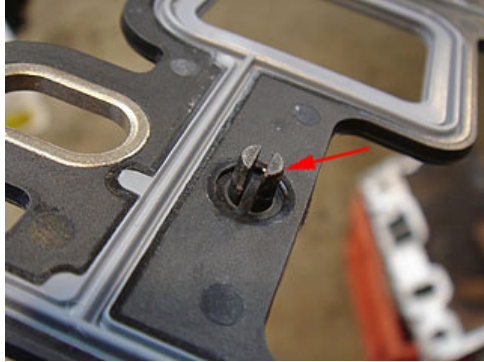
I applied some **medium-strength thread locking compound** to each bolt.



I smeared a **thin** layer of RTV silicone (which came with the new intake gaskets) over the pitted areas around the cooling passageways.

I did this on the cylinder heads (shown here) and also on the intake manifold.

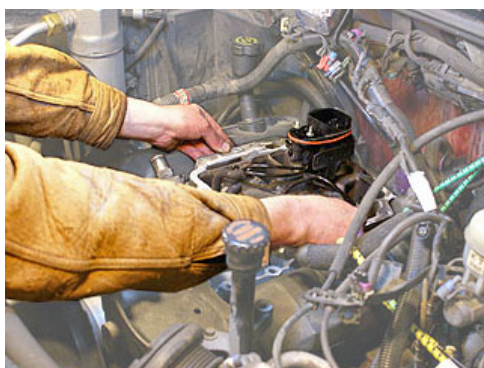
I installed the intake manifold gaskets on the cylinder heads. The gaskets are the same because the cylinder heads are the same.



There are a pair of small tabs on the back of the manifold gaskets. These tabs go into a pair of holes in the cylinder head, so the gaskets don't slide around during assembly.

I applied a bead of RTV silicone sealant to the front and back flat sections of the engine block.

I made sure to apply the sealant a bit thicker at the ends where the flat meets the cylinder head.



I set the intake manifold in place, making sure it wasn't too far forward or rearward.

I installed the bolts and tightened them with a 13mm socket and a 6" long extension.



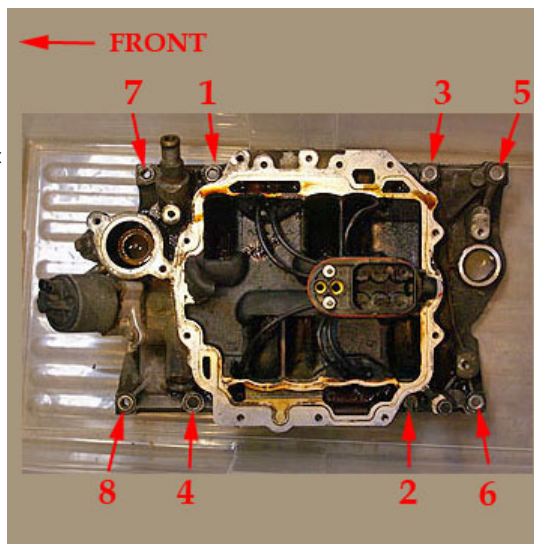
Intake Manifold Bolt Tightening Sequence 1996 to 2000 4.3 V6 Engine:

I marked up this photo of the manifold to show the bolt tightening sequence.

Basically, the center 4 bolts should be tightened in the usual cross-pattern, and then the end bolts are tightened.

Torque: 1996-2000 model years: Tighten in three stages... 27 inch-pounds (about 2 ft-lbs), then 106 inch-lbs (about 9 ft-lbs), then **11** ft-lbs.

1988 to 1995 V6 engines have 12 bolts instead of 8. The tightening sequence is similar... from the center towards the ends in a criss-cross pattern. The torque requirement is 35 ft-lbs.



I'm told that 1996 to 2000 (and possibly later) small-block GM V8 engines use the same bolt pattern as this V6.

Note: Other engines (besides the 1996 and later 4.3 liter V6 and small-block V8) have more than 8 bolts and employ a different bolt tightening sequence. I recommend looking up the tightening sequence in a Chilton or Haynes book, or a dealer service manual. You might find these books at your local library, or maybe an auto parts store has a copy that has already been opened. Note that a book for GM full-size trucks may also cover many engine repairs for the Jimmy and Blazer.

Once the manifold was in place, I **replaced the distributor**. The distributor body needs to rotate as the gears are engaged, so the distributor needs to be inserted with the match-marks turned about 30 degrees counter-clockwise from the original position. Be careful not to turn the distributor shaft.

If the distributor rotor is not returned to its original position the car will not start or it will run badly. Also make sure that the engine is not turned over while the distributor is out of the engine, or the proper distributor position may be difficult to figure out.

Note: I replaced the fiber gasket that goes between the distributor and the intake manifold. To keep the gasket in place during assembly, I applied a small amount of Permatex Hi-Tack Gasket Adhesive to the upper side of the gasket.

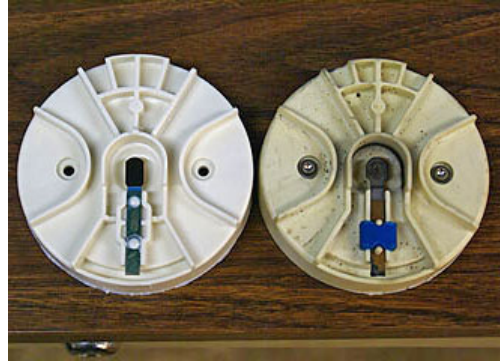
Replacing The Distributor Cap And Rotor:

I removed the old distributor rotor with a T15 Torx screwdriver.



Compare the old and new rotors.

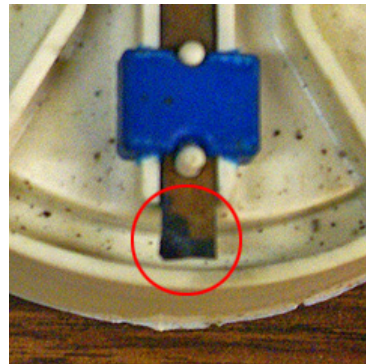
An old, worn out and corroded rotor can cause a weak spark, which can result in poor fuel economy. Maybe we'll get better mileage after this.



Notice the corrosion on the tip of the metal on the old rotor. This is typical. I believe this is the first time the rotor has been replaced in 9 years and 160,000 miles.

It's sometimes possible to clean up the rotor tip with emery cloth, but this rotor was badly corroded and worn.

I spent 13 bucks and replaced the rotor.



I later replaced the distributor cap, which was rather expensive at \$33. It's quite difficult to clean the corrosion from each terminal on the inside of a distributor cap, so replacing makes more sense. Besides, a distributor cap often gets small "cracks" or lines in the plastic where dust collects, and these cracks create conductive paths to ground which reduces the energy going to the spark plugs.

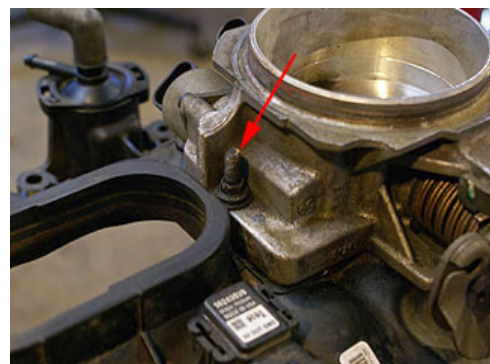
Installing The Upper Intake Manifold:



I cleaned up the upper intake manifold with mineral spirits and a brush. I also used carburetor cleaner to clean the deposits from around the throttle plate.

Note that the gasket is still in place. I removed it before the final cleaning. Then I carefully wiped the gasket groove clean.

I discovered that the throttle body can be easily removed from the upper intake manifold. I removed the post with a 7/32" socket and a 1/4" drive ratchet.



After the post was removed, there was a nut below it.

Directly below the nut was a large hex head. I held this with a 15mm box-end wrench and removed the nut above, which required an 8mm deep socket.

DO NOT try turning the 15mm hex head screw. It's molded into the plastic.

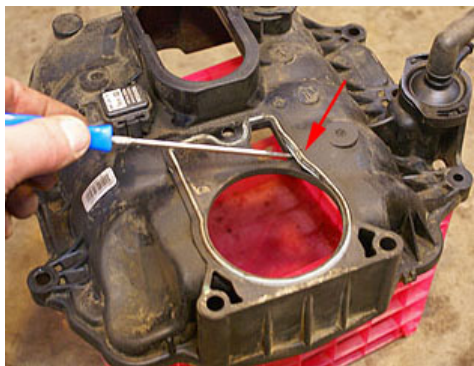


After removing the throttle body, I cleaned the bottom surface with a Roloc disc on a die grinder.

Then I removed the throttle body gasket with a hook tool.

I cleaned out the gasket groove and installed the new gasket.

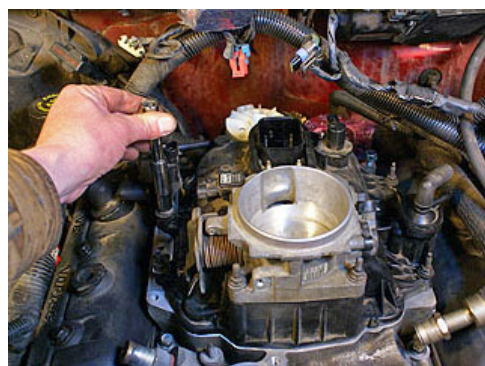
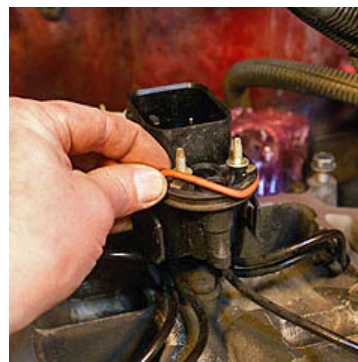
Then I installed that **post** that secures the rear of the throttle body. I put some blue thread locker on the bolt threads, about a third of the way from the end.



I installed the new gasket on the bottom of the upper intake manifold.

I also replaced this o-ring around the central fuel injection area.

(The upper intake manifold gasket set came with a replacement for this o-ring and the throttle body gasket.)



Installing the upper intake manifold was not as straightforward as you would think. The manifold "hung up" on the central fuel injection unit. (It did the same during removal.) When I set the manifold in place, it was resting on the injection unit but there was a 1/4" gap between the upper and lower manifolds.

So I started all of the bolts, which meant I had to re-install the purge valve. I hand-tightened each bolt a few turns, then kept repeating the process until the upper manifold was drawn down to the lower manifold.

Then I tightened all the bolts with a 10mm deep socket and a 3" extension. I tightened the bolts in a criss-cross pattern, starting in the middle. These bolts are supposed to be tightened to **88 inch-pounds**, (which is just over 7 foot-pounds) so take it easy.

Once the upper intake manifold was installed, I **installed the fuel lines**. These were a b-i-t-c-h to install. Some tips:

- Make sure the black and yellow o-rings (and washer) are carefully placed in the holes in the fuel injection unit.
- Pour a small amount of gasoline in those holes to lubricate the fuel pipes. Without lubrication the pipes don't want to go in easily.
- Insert the fuel lines into the fuel injection unit while making sure the other end is aligning with the fuel lines next to the firewall. Install the metal keeper-plate and thread the nuts part way.
- At the firewall, try threading the tubing nuts into their fittings. Make sure the tube ends are **pushed into** the female fittings, or else the tubing nuts will be difficult to thread into the female fittings.
- If the nuts won't thread, try installing the hold-down bolt to secure the bracket to the intake manifold.
- Tighten the tube fittings with a short 16mm wrench. It's a good idea to hold the female-threaded fitting with a short 19mm or 3/4" open-end wrench.
- Finally, tighten the small nuts at the fuel injection unit (8mm) and the bracket hold-down bolt (10mm).

Re-Assembly Procedure:

- I replaced the distributor cap with a new one. This required a Torx T20 screwdriver.
- I reconnected the spark plug wires (after installing new wires).
- I plugged in the big connector for the CSFI (fuel injection) unit.
- I reconnected several connectors in the same area: Purge valve, throttle position sensor, idle air control, and a sensor on the top left of the upper manifold (my guess is that it's manifold vacuum sensor).
- I installed the EGR tube with a 22mm open-end wrench.
- I replaced the PCV valve and tube.
- I installed the rear bracket that supports the throttle cable. I wanted to be sure the hose and cable routing was going to work.
- I replaced the power brake vacuum hose.
- I replaced the thermostat (with a new one) and installed the thermostat tube that leads to the upper radiator hose. This required a 13mm deep socket.
- I installed the alternator bracket, which required a 14mm socket.
- I installed the air conditioning compressor bracket with a 14mm socket.
- I installed the alternator and reconnected it. 13mm sockets were used.
- I installed the A/C compressor with a 13mm socket.
- I installed the ignition module and connected the wires. I could have done this much earlier.
- I installed the heater hoses.
- I installed the upper radiator hose.
- I installed the idler pulley with a 13mm socket.
- I installed the throttle cables.
- I reconnected the battery (positive cable first, then negative).
- I refilled the cooling system.

Then I turned the key and the car started up. Wahoo!

After running the car for just a few minutes, **I changed the oil** because I'm certain that some debris got into the crankcase while the intake manifold was off.

So far there have been no major leaks. I did have a minor leak where one of the heater hoses connects to the firewall, but that stopped after a couple of days.

"Burping" the air from the cooling system took a while. Normally I just drive the car for a few minutes with the radiator cap in the first position, which means the cap is on but it doesn't seal completely and the cooling system will not pressurize. Usually any air trapped in the cooling system will work its way out, but only if the thermostat opens. In cold weather the thermostat may not open right away. Running the defroster helps the engine run hotter because the air conditioning runs (to dry out the air) and the engine works a little harder.

A Peculiar Problem:

After I put the car back together and changed the oil, I noticed two problems. First, the heater would only blow air through the dashboard ducts... it wouldn't switch to blowing air to the floor or windshield or anything.

Second, the Jimmy wouldn't shift into 4 wheel drive (it has that push-button 4wd system).

When I was re-connecting the small vacuum hoses, I found an open hose and I couldn't figure out what it connected to. The hose is just in front of the firewall, up high, next to the driver's side fender. I looked all over the place for a vacuum hose connection, using an inspection mirror to see underneath and behind things, and I still haven't found a place for this hose.

But I stuffed a 1/4" bolt in the end of the open vacuum hose to plug it, and suddenly the heater worked properly and the 4 wheel drive worked again.

Vacuum leaks can cause all sorts of odd problems.

Cost Of This Repair:

I spent about \$50 (plus sales tax) on the necessary gaskets for this project. After buying the valve cover gaskets, a new thermostat, distributor cap and rotor, my total cost came to under \$130. I've had the new PCV valve and spark plug wires hanging around my shop for quite a while... I forget what they cost.

An independent auto repair shop quoted me a price of \$350 for labor (4.5 hours at \$78 per hour) and \$120 for parts. And that didn't include any of the extra parts that I replaced. It took me at least 16 hours for this job, over a period of several days. I worked slowly and carefully, because that's how I work when I'm doing a repair for the first time. I put the car together in less than **half the time** I took to dismantle it.

I figure I saved about \$400 doing this repair myself, even more if I included the cost of replacing the distributor cap, rotor, spark plug wires, PCV valve and thermostat.

More Info:

Tools Used:

- Ratchets, 3/8", 1/4"
- Extensions, Assorted
- Sockets, Short: 10mm, 13mm, 14mm
- Sockets, Short: 7/32", 5/16"
- Sockets, Deep: 10mm, 13mm, 14mm
- Wrenches: 5/16", Short 10mm, 13mm, 14mm, 16mm, 19mm, 22mm
- Flat Screwdrivers, Small
- Torx Screwdrivers: T15, T20
- Right Angle Die Grinder with Roloc Disc
- Air Compresor
- Air Blow Gun
- Curved Hook Tool
- Bench Grinder with Wire Wheel
- Plastic Dishpan
- Shallow Plastic Container (For Cleaning Parts)
- Funnel

Materials Used:

- Lower Intake Manifold Gasket Set, Carquest Part No. GSK MS16168, \$24
- Upper Intake Manifold (Plenum) Gasket Set, Carquest Part No. GSK MS14803, \$25
- Valve Cover Gasket Set, *(Optional)* Carquest Part No. GSK VS50211, \$19
- Thermostat (\$9) *(Optional)*
- Distributor Cap (\$33) *(Optional)*
- Rotor (\$13) *(Optional)*
- Spark Plug Wires *(Optional)*
- PCV Valve *(Optional)*
- Medium-Strength Thread-Locker
- Automotive Brake Parts Cleaner
- Paint Thinner (Mineral Spirits)
- Paper Towels

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