



24 Hour Esophageal pH Monitoring

Purpose:

This test measures the amount of acid in your esophagus (that is, the swallowing tube) over a 24 - hour period. It will show how often stomach contents back up, or reflux, into your esophagus. If you are taking medicine for acid reflux, it will help determine how well the medicine is working. It will help the doctor decide on the best treatment for you.

How the test works:

A soft, flexible tube, about the size of a piece of spaghetti, is passed through your nose and positioned in your esophagus. The tube is taped securely to your nose and does not interfere with you breathing or eating. The tube is plugged into a monitor which is a small box carried in a pouch with a strap that goes over your shoulder. Sensors on the tube measure the level of acid in your esophagus and the flow of fluid inside the esophagus. It is recorded on the monitor.

To get ready for the test:

Do not eat or drink anything for 6 hours prior to the placement of the tube. Please plan to wear a shirt or blouse that is loose fitting and comfortable on the day of your procedure.

If you are on any medicine that affects your stomach, please check with your doctor to see if he wants you to stop taking it prior to this test. If your doctor does want you to stop taking your medicines for acid reflux, please follow the following guidelines:

- Proton Pump Inhibitors (PPI's) need to be stopped for one week prior to the test. These medicines include Prilosec, Prvacid, Aciphex, Protonix, Nexium, and Zegerid.
- H2 blockers, such as Pepcid and Zantac, need to be stopped 48 hours before the test.
- Antacids, such as Roloids, Mylanta, Maalox, and Tums need to be stopped one day before the test.

Please do not assume that you should stop your medicines without checking with your doctor first.

Registration at hospital:

Please report to St Francis Hospital outpatient registration 15 minutes before the test is scheduled. After getting signed in, you will be escorted to the 2nd floor endoscopy waiting area.

What happens during the test?

A nurse will explain the test and answer any questions. She also ask you about your symptoms and any medicines that you are currently taking.

A small amount of topical anesthetic (numbing medicine) is used to numb your nose and throat. It also helps to lubricate the passageway between your nose and throat and lessens your gag reflex. Then, the small flexible tube is passed through your nose into your esophagus and taped in place.

How long will it take?

The time involved to complete the test will vary. Please plan on approximately one hour.

You are not sedated for test; so you can drive yourself home.

After leaving the hospital:

There will be a visible tube taped at your nose. You can do whatever you normally do. The tube does not interfere with activities, sleeping or eating.

We want you to eat and drink as you normally do. Depending on your routine, we may ask you to limit *how often* you eat and drink some liquids such as carbonated beverages and alcohol.

We will ask you to record the times that you eat and drink, the times that you lie down, and when you have any symptoms. You can do this by pressing buttons on the monitor or by writing the times on a paper diary that we provide.

Avoid medicine that affects your stomach unless your doctor has approved your taking it during the test.

You will not be able to shower until the tube is removed.

24 hours later:

You will need to return to the hospital approximately 24 hours after the test started to have the tube and monitor removed. You will not need to register on the second day. It will only take a few minutes to have the tube removed.