



24 Hour pH Impedance Monitoring

Ambulatory 24 Hour pH Impedance Monitoring is a study that measures and records the amount and severity of stomach contents backing up into the esophagus, and can detect if the content of the reflux is acidic or non-acidic.

Based on this study, your physician will be able to evaluate the number of reflux events, the acid content of each event and how long each event lasted. This study is the most effective method of diagnosing GERD (Gastroesophageal Reflux Disease).

This study is performed for the following reasons:

1. Evaluate symptoms related to GERD, such as persistent heartburn, regurgitation, chronic cough and chest pain.
 2. Evaluate abnormal esophageal acid exposure in the event of a recent negative endoscopy.
 3. Confirm esophageal reflux prior to reflux surgery.
 4. Determine the effectiveness of medications that are given to prevent acid reflux.
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How 24 Hour pH Impedance Monitoring is Performed

The 24 hour pH study involves inserting a very small, flexible catheter through the nostril and placing it in the lower part of the esophagus. The catheter is secured to the nose with tape. The external end will be attached to a small recording device called a pH recorder. This unit will record the acid levels in the esophagus over a 24 hour period.

You can wear the recorder on a waist belt, which is provided, or carry it attached to a shoulder strap.

You will be discharged home after being instructed on how to operate the recorder, and you will be asked to keep a diary of certain events, including symptoms (reflux, heartburn, cough, chest pain, etc.), periods of sleep, medications and meals. The catheter will not interfere with eating, drinking or breathing.

After the study, you will be able to drive yourself home, as no sedation is required.

Preparation

- Do not eat or drink anything six (6) hours before your scheduled appointment, including gum, mints or hard candy.
- Wear loose, comfortable clothing that buttons up the front.
- Do not take a shower or tub bathe while the catheter is in place; the recorder must not get wet. Shower the morning before your test.
- You may take necessary medications with a small sip of water up to two (2) hours before your study. Medications permitted include: High blood pressure and heart medications. Please consult your physician.
- If you are diabetic, follow your physician's instructions regarding medication dosage.

Medications to stop prior to the study are checked below:

7 DAYS BEFORE STUDY	2 DAYS BEFORE STUDY	24 HOURS BEFORE STUDY
<input type="checkbox"/> Nexium (<i>esomeprazole</i>) <input type="checkbox"/> Aciphex (<i>rabeprazole</i>) <input type="checkbox"/> Prilosec (<i>omeprazole</i>) <input type="checkbox"/> Prevacid (<i>iansoprazole</i>) <input type="checkbox"/> Protonix (<i>pantoprazole</i>) <input type="checkbox"/> Zegerid (<i>omeprazole sodium bicarbonate</i>) <input type="checkbox"/> Dexilant (<i>dexlansoprazole</i>)	<input type="checkbox"/> Zantac (<i>ranitidine</i>) <input type="checkbox"/> Carafate (<i>sucralfate</i>) <input type="checkbox"/> Pepcid (<i>famotidine</i>) <input type="checkbox"/> Reglan (<i>metoclopramide</i>) <input type="checkbox"/> Tagamet (<i>cimetidine</i>) <input type="checkbox"/> Axid (<i>nizatidine</i>)	Stop all over the counter antacids, such as Tums or Rolaids.

It is important that you maintain all regular activities as much as possible during the test in order to obtain an accurate assessment of reflux through a “normal” day. This includes maintaining typical meals, activities, exercise, sleep, etc., while the probe is in place. Do not use throat lozenges or continually sip on liquids, as this may change the results of the test.

After 24 Hours

After 24 hours, you will return the recorder and have the pH probe removed. The data will be downloaded for the physician to review. Your physician will correlate the events and symptoms of the past 24 hours with the acid levels reported during the study to tailor your medical treatment plan.

If you experience soreness in your throat after the probe is removed, lozenges or gargling with salt water may help.

Please schedule a follow-up visit with your physician to discuss the results of the study. Contact your physician’s office with any unusual symptoms or side effects.

Scheduling Your 24 Hour pH Impedance Study

You will receive a call from the Williamsburg Procedure Suite to schedule your 24 Hour pH Impedance Monitoring Study.

If you have not received a call within one week, or if you have any questions, please call (757) 707-3505.

Scheduled Study Date: _____ Time: _____

Return Recorder Date: _____ Time: _____

! TPMG Williamsburg Procedure Suite is located in Building A at 5424 Discovery Park Boulevard in Suite 101. Please note this is the first building on the right side, Tidewater Medical Center at New Town/5424-Building A. For assistance, please contact us at (757) 707-3505.