

Patient Name:

Your study is scheduled for:

at

Arrival Time:

(30 min)

Location: Deaconess Midtown Hospital
Patient Registration
600 Mary St.
Evansville, IN 47710

GI Specialty Center
Medica Office Bldg. 6
4219 Gateway Blvd.
Newburgh, IN 47630

If you cannot keep your appointment, please allow a three-day notice for cancellation. To cancel or reschedule your appointment, please call the scheduler at 812-426-9545.

INSTRUCTIONS FOR PREPARING FOR YOUR STUDY

7 DAYS before your procedure

1. **Stop** taking all PPI medications unless otherwise instructed: Prilosec (Omeprazole), Prevacid (Lansoprazole), Protonix (Pantoprazole), Nexium (Esomeprazole), Dexilant (Dexlansoprazole, Aciphex (Rabeprazole), Propulsid (Cisapride)

1 DAY before your procedure

1. **Stop** taking the following medications unless otherwise instructed: Pepcid (famotidine), Zantac (Ranitidine), Tagemet (Cimetidine), Axid (Nizatidine)

DAY OF your procedure

1. **Stop** all food and water at _____, **SIX hours** prior to your study.
2. **Stop** taking antacids: Tums, Mylanta, Roloids, Maalox, Alka-Seltzer, Pepto-Bismal
3. Please take heart, lung, blood pressure, and seizure medication with a small sip of water at least two hours prior to your study.
4. If you are diabetic, consult your physician regarding medication/insulin dosage.
5. Bring your total list of medicines with you to the procedure.
6. Wear comfortable clothing that can easily be removed with the probe in place (shirt that buttons/zips instead of pulled over your head).

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What is a 24-hour pH study?

A 24-hour pH probe/study is a test used for the evaluation of esophageal reflux and related symptoms. The nasal pH probe measures the AMOUNT, the FREQUENCY, and the ACIDITY of stomach contents flowing back up the esophagus.

A 24-hour pH study may be performed so the physician can:

1. Help diagnose GERD (gastro-esophageal reflux disease).
2. Help determine the effectiveness of reflux medications.
3. Determine if symptoms such as chest pain or heartburn are caused by reflux.
4. Identify the frequency and duration of both acid reflux and NON-acid reflux.
5. Pre-operative evaluation prior to anti-reflux surgery.

How does the 24-hour pH probe work?

The study will be performed by a nurse. Your nose and throat will be numbed with a spray or gel. The probe (or catheter) will be placed through your nose and into your esophagus. Medical tape is used to secure the probe to your nose. The probe is then connected to a small recording device. This recorder stores data collected over the next 24 hours, and allows you to indicate the occurrence of symptoms, meal times, and rest times by pressing appropriate buttons. The pH probe will capture and record reflux episodes and transmit this data to the recorder as well. You will be asked to keep a diary of events and symptoms during the 24-hour study.

Risk Statement:

Be sure to discuss the potential risks, benefits and contraindications of the 24-hour pH study with your physician.

The risks of probe/catheter insertion into the nasal passage include:

- Nasal discomfort
- Minor bleeding
- Runny nose
- Throat discomfort
- Irregular heartbeat
- A hole in the esophagus (perforation)
- Trachea intubation
- Erroneous data from probe migration

The pH probe is NOT compatible with an MRI machine.

There is one alternative study to measure acid reflux over extended periods of time (BRAVO capsule). There are no alternative studies to measure non-acid reflux over extended periods of time.

After the study:

AFTER the 24 HOURS is completed, you will return to the hospital/clinic to have the pH probe removed. The nurse will collect the data recorder AND YOUR DIARY. The information will be entered into a computer and analyzed by your physician.

IMPORTANT: Please follow all instructions listed on this sheet for your safety. Your procedure could be canceled and rescheduled.

1. **Do not eat or drink SIX hours prior to your study.**
2. Stop certain medications (**listed on first page**)
3. Follow instructions given by your gastroenterologist or on this instruction sheet ONLY.