

# 24 hour Esophageal pH Impedance Test Instructions

Esophageal pH monitoring is a test used to evaluate for gastroesophageal reflux disease and to determine the effectiveness of medications that prevent acid reflux. This test measures the amount of acid refluxing or backing up from the stomach into the esophagus (food pipe).

## Before your Procedure:

Check with the doctor who ordered your 24 hour pH impedance test whether they want the test performed ON or OFF acid reflux medications.

If your doctor wants the test performed OFF acid reflux medications, please do the following:

- Prilosec (Omeprazole), Nexium (Esomeprazole), Aciphex (Rabeprazole), Prevacid (Lansoprazole), Protonix (Pantoprazole), Zegerid (immediate release Omeprazole), and Dexilant (Dexlansoprazole) should be **STOPPED 7 DAYS** before the test.
- Zantac (Ranitidine), Tagamet (Cimetidine), Axid (Nizatidine) and Pepcid (Famotidine) should be **STOPPED 2 DAYS** before the test.
- Medications such as TUMS, Gaviscon, Maalox and Mylanta can be taken the day before the test.

If your doctor wants the test performed ON acid reflux medications, please do the following:

- Continue all your regular medications including on the morning of the test with sips of water.

## Day of your procedure:

- Do NOT eat or drink anything for 8 hours before your scheduled appointment time.
- You may take your regular (non-acid reflux) morning medications with sips of water.
- Wear a shirt or blouse which opens in the front so that it is easier to dress after the probe is placed.
- Please be sure to arrive to the GI Lab at your scheduled appointment time.
- If you have had a broken nose, surgeries on your nose or a deviated septum, please tell the nursing staff before starting the procedure.
- Placing the probe takes approximately 15 minutes. No sedation is necessary.
- PLEASE DO NOT BRING ANY VALUABLES WITH YOU. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.

## After the procedure:

- The end of the small catheter comes out the nose and is connected to a small battery-powered recorder that is worn on a strap over the shoulder. During the 24 hours that the catheter is in place, you can continue usual activities including eating, sleeping, and working. You will record meals, periods of sleep, and symptoms in a diary and by pushing buttons on the recorder. The diary helps the doctor to interpret the results.
- You will return the next morning for removal of the catheter and returning the recorder

Follow all of the instructions in this handout EXACTLY as they are written. If you do NOT follow the directions, your test will need to be rescheduled.