



Altru Main Clinic
Ambulatory Procedure Center
701-780-6394

24 Hour Ambulatory pH Testing

Your test is scheduled for:

Date: _____

Time: _____

**Please report to the Altru Main Clinic
Ambulatory Procedure Center
in waiting room 4 South**

24 Hour Ambulatory pH Testing

Your doctor has requested that you undergo 24 hour ambulatory pH testing. This test is part of the diagnostic process for determining the extent to which your stomach acids splash back into your esophagus. This phenomenon, called esophageal reflux, can cause a wide variety of symptoms, including heartburn, chest pain, abdominal pain, hoarseness, coughing, or asthma attacks. The pH catheter will continuously measure and record the acid content of your esophagus for a 24 hour period. Your doctor will then retrieve the data from the recording device and be able to determine how often stomach acid gets into your esophagus, and how that relates to your symptoms.

When you come to the Main Clinic, please register at the front reception area then report to the Ambulatory Procedure Center, which is located in waiting-room 4-south. You will be taken back to a procedure room where the procedure will be reviewed with you. First, your throat and nose will be numbed by a spray in order to reduce irritation. Then a small tube, about the size of a spaghetti strand, will be gently inserted through your nose, down your esophagus, and positioned just above the stomach. This tube has a sensing probe that will measure the pH (acid content) in your lower esophagus. It is connected to a small computerized recording box that attaches to your belt, and will continuously record the pH for the next 24 hours, while you go about your normal daily activities. We will have you come back the next day so that the pH probe can be removed, and the data retrieved from the recording device. During the 24 hours that the catheter is in place, please try to go about your normal daily activities as much as possible. Eat the foods you would normally eat.

IMPORTANT

PLEASE NOTE THESE EXCEPTIONS!!

- ◆ You must not have anything to eat or drink for 6 hours before the test begins.
- ◆ **Continue all medications unless instructed otherwise.**
- ◆ **You must stop Reglan for 2 days before the test.**
- ◆ You may take liquid antacids such as Maalax or Mylanta until midnight before the test but you must not take any during the 24 hours that the pH test is taking place.
- ◆ When you report for the test be sure to wear loose clothing that buttons or zips up the front, since it is difficult to keep the probe in place with clothing that pulls over the head.
- ◆ You may not shower or bathe during the 24 hours of the test since the equipment is not waterproof and would be ruined by exposure to water.
- ◆ Please avoid constant drinking/sipping of citrus or fruit juices, soft drinks, coffee or tea during the test since these will effect the data. You may drink these beverages with meals or snacks but please record it accurately in your diary. It is important to avoid constant sipping of these beverages.
- ◆ When marking the time for each event you put in the diary please use the time found on the clock on the digital screen of the recording box on your belt. Be sure to mark starting AND ending times.

RISKS

This is not a risky or dangerous procedure. The catheter that goes into your esophagus through your nose is very small, soft, and flexible and has a virtually no capacity to damage your body.

DISCOMFORT

You may feel some mild irritation in your nose and throat when the catheter is placed, but you will very quickly get used to it. You may notice it occasionally during the 24 hour period, especially during swallowing, but this is not painful. If you have some throat irritation while the catheter is in place, you can try a throat lozenge or ice chips.

QUESTIONS OR PROBLEMS DURING THE TEST

If you have any questions during the test, please call:

During clinic hours (7:00 a.m. - 5:00 p.m.)
701 -780-6394

After clinic hours call 701-760-6000 and you can speak to the Gastroenterologist on-call.

AFTER THE TEST

Immediately after the catheter is removed the next day, you can resume your normal diet and medications. It will take a couple of days for your data to be analyzed. Your doctor will notify you of the findings.