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AMBULATORY 24 HOUR pH MONITORING:

Ambulatory 24 Hour pH 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. From this study your physician will be able to evaluate the number of reflux events, the acid content of each event, as well as 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) To evaluate symptoms related to GERD such as persistent heartburn, regurgitation, chronic cough, and chest pain. (2) To evaluate abnormal esophageal acid exposure in the event of a recent negative endoscopy. (3) To confirm esophageal reflux prior to antireflux surgery. (4) To determine the effectiveness of medications that is given to prevent acid reflux.

HOW AMBULATORY 24 Hour pH MONITORING IS PERFORMED:

This study will be performed by a technician. It involves inserting a very small, flexible catheter through your nostril and placing it in the lower part of the esophagus. The catheter will be secured to your 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 your esophagus over a 24 hour period. You can either wear the recorder on a belt (provided) around your waist 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. You may drive yourself home after the study since no sedation is required.

PREPARATION FOR AMBULATORY 24 our pH MONITORING:

***Do NOT eat food 8 hours prior to the test. Do NOT drink anything 4 hours prior to test.**

*Wear loose comfortable clothing that buttons up the front

*Do NOT take a shower or tub bathe while catheter is in place. The recorder must NOT get wet.

*You may take necessary medications with a small sip of water up to 2 hours before your study. These would include high blood pressure and heart medication. Please consult your physician.

*If you are a diabetic, follow your physicians' instructions regarding medication dosage.

*Medications to stop prior to the study are listed below:

| 7 DAYS BEFORE STUDY | 2 DAYS BEFORE STUDY | 24 HOURS BEFORE STUDY |
|------------------------------|----------------------------|------------------------------|
| Nexium (esomeprazole) | Zantac (ranitidine) | |
| Aciphex (rabeprazole) | Carafate (sucralfate) | Stop any over the counter |
| Prilosec (omeprazole) | Pepcid (famotidine) | Antacids such as Tums or |
| Prevacid (lansoprazole) | Reglan (metoclopramide) | Roloids. |
| Protonix (pantoprazole) | Tagamet (cimetidine) | |
| Zegerid (Omeprazole/sod bic) | Axid (nazatidine) | |
| Dexilant (dexlansoprazole) | | |

AFTER THE AMBULATORY 24 Hour pH MONITORING:

After 24 hours you will return the recorder and the data will be downloaded for the physician to review. If you experience soreness in your throat, lozenges or gargling with salt water may help.

DATE OF APPOINTMENT _____ **TIME OF APPOINTMENT** _____

FOLLOW UP APPOINTMENT _____ **TIME OF APPOINTMENT** _____

IF YOU HAVE ANY QUESTIONS REGARDING YOUR APPOINTMENT PLEASE CALL 745-8100