

WASHINGTON GASTROENTEROLOGY

Digestive Health Specialists Division

24-HOUR ESOPHAGEAL pH STUDY

Your physician has requested that this study be done for you.

Your appointment is scheduled on:

Date _____ Day _____ Check-in Time _____

Please bring your insurance information with you.

- 33915 1st Way S., Suite 200, Federal Way, WA 98003 | p. 253.838.9839
- 1703 S. Meridian, Suite 305, Puyallup, WA 98371 | p. 253.841.3933

On the day of your exam, do not eat any solid foods or liquids during the 3 hours prior to your check-in time. Please take all of your usual medications with a sip of water.

- Do not stop any of your acid suppressing medications.
- Stop H-2 blockers 48 hours prior to this study, such as Tagamet, Zantac, Pepcid, Acid.
- Stop proton pump inhibitors 1 week prior to this study, such as Prevacid, Prilosec, Nexium, Protonix, Aciphex, Dexilant, Kapidex.
- Stop prokinetic agents 24 hours prior, such as Reglan.

Check with your pharmacist or physician if you have questions about these. You may resume these medications after your study.

24-Hour Esophageal pH Study is used to measure the number of reflux episodes during the patient's day. The study also measures the amount of time (in minutes) that stomach acid is present in the patient's esophagus. The 24-hour test allows evaluation of the patient's symptoms with activity, at home or work, and especially during sleep.

The information obtained from this study will show if reflux of acid is the cause of non-cardiac chest pain, hoarseness, coughing, halitosis or asthma. This study can show how much reflux a patient is having when endoscopy findings are normal. This information will assist your physician in planning treatment for your particular health problem. Your appointment will last about 45 minutes, which includes instruction and placement of the pH catheter.

Your procedure will take place in an examination room. No sedation is given. A nurse will spray your throat with a topical anesthetic and he/she will use an anesthetic lubricant on the small, flexible pH tube. The tube is about 1/3 the diameter of a pencil. This tube is **gently** placed into one nostril and guided into your esophagus. The end of the tube is positioned precisely 2 inches above the diaphragm, where acid sensing occurs. You do not have to remove your clothing, and you may have a companion with you during the examination.

After the pH catheter is placed, the catheter is secured with Tegaderm to the side of your face. The catheter is attached to a "Walkman" type recorder that is worn on a strap, which is provided. You will not be able to bathe or shower with this catheter in place. Some patients find this catheter does not interfere with their normal activities; others find it to be annoying and would appreciate having someone to drive them home. It may make your eyes water, your nose run, and your throat sore. **You will have to return to Washington Gastroenterology, Digestive Health Specialists Division 24 hours later for removal of the catheter.** This visit will take about 5 minutes.

24-Hour Esophageal pH monitoring is a very **low risk procedure**, when performed by competent specialists. Complications such as perforation (tearing) or bleeding of the gastrointestinal wall can occur, but they are rare. Equipment failure or death are extremely unlikely, but remain remote possibilities.

A few days prior to your appointment, a nurse from Washington Gastroenterology, Digestive Health Specialists Division will call you to confirm your exam time and answer any questions you may have. This RN will be doing your pH study for you.

Contact us with any concerns you may have, both before and after your appointment. You can contact the nurse clinician by calling 253.272.5127.