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## **24 Hour pH Monitoring/Impedance Manometry Instructions**

**\*\*\*PLEASE READ ALL INSTRUCTIONS ON THE DAY THAT YOU RECEIVE THEM\*\*\***

Your procedure is scheduled at on DATE at TIME. Please arrive at TIME.

Acid blocking medication/promotility agents:

It is OK to take your other medications with a sip of water the morning of the test.

### **What is a 24 Hour pH Monitoring/Impedance Manometry test?**

This test is used to help your doctor evaluate acid and non-acid reflux from your stomach to your esophagus (the tube that extends from your mouth to your stomach). Acid reflux or GERD (gastroesophageal reflux disease) can cause symptoms such as: heartburn, persistent cough or clearing of the throat, hoarseness or voice changes, difficulty swallowing, or a sensation of having a lump in your throat. The manometry provides information about the pressures and function of the muscles used to help food go down after you swallow. It helps determine the appropriate placement of the pH catheter (tube).

### **How is the test performed?**

You will need to be fasting (nothing to eat or drink) starting at midnight the night before the procedure. If your procedure is at 1:00PM or later, you may eat a light breakfast, such as toast, cereal, juice, milk and/or water BEFORE 7:00AM.

While sitting upright a thin, flexible catheter will be placed through your nostril, down your esophagus into the opening of your stomach as you swallow.

You will be provided a numbing medication and/or lubricant for your comfort during the procedure.

It does not require anesthesia and you may return to your normal activities immediately after and drive yourself home.

The catheter measures changes in acid along its entire length and conveys information about your acid reflux activity to a small computer (about the size of a smartphone) that you wear on your belt.

The tube stays in place for 24 hours while you eat, drink, and participate in your normal activities.

You will return 24 hours later to have the catheter removed and turn in the unit.

### **How do I care for the unit?**

The unit is a computer and must be handled with care. Do not drop.

DO NOT TAKE THE MONITOR INTO THE SHOWER WITH YOU. It is recommended that you not bathe during the test period.

Do not remove the unit from its case.

Do not turn off the monitor or disconnect for any reason.

### **Documentation:**

Please maintain a FOOD DIARY. Record the time of each meal using the clock on the unit. Do not use your watch or a clock on the wall.

At mealtime: Push the 'FORK AND KNIFE BUTTON' on the unit. Record the BEGINNING and the END time of each meal.

When lying down or going to sleep: Push the 'BED BUTTON' on the unit. Record the time you LIE DOWN and when you GET UP.

When experiencing symptoms: Push the 'HEART WITH LIGHTNING BUTTON' on the unit. Record the ACTUAL TIME and which symptom you are experiencing.

### **What do I eat during the test?**

Eat your normal diet throughout the entirety of the 24 hour test.

Eat your meals over a 10-30 minute period.

Include solids and liquids with each meal.

Eat 2-3 meals during the 24 hour period. The more data that is collected, the more accurate the evaluation will be.

### **Other information:**

You may take Tylenol or over the counter sore throat spray, if needed.

### **When/where do I return the unit?**

The facility doing your test will provide you with instructions where to return the equipment and at what time.

BRING THE FOOD DIARY WITH YOU.

If the probe should come out within the 24 hour test period, place in a ziplock baggie and return everything at once.

### **Please bring the following items with you to the hospital on the day the catheter is placed:**

Insurance card

Picture ID

List of your current medications

Please contact our office immediately should you experience the onset of severe sore throat, neck pain, chest pain, abdominal pain or fever. It is extremely unlikely that you will experience any of these symptoms. However, these symptoms may be an indication of a complication, which could require further medical therapy.

Test results are typically available to your doctor within two weeks.

### **If problems during the test, please call the location of your test:**

8901 Indian Hills Drive, Suite 200  
Omaha, Nebraska 68114  
*p* 402.397-7057  
*f* 402.397-6656

17001 Lakeside Hills Plaza, Suite 200  
Omaha, NE 68130  
*p* 402.885.8700  
*f* 402.885.8719

808 East Pierce Street, Suite 301  
Council Bluffs, Iowa 51503  
*p* 712.396.2997  
*f* 712.796.1194