

THE ENDOSCOPY CENTER

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TOWSON, MARYLAND 21204
410-494-1846

THE ENDOSCOPY CENTER

AT BEL AIR
620 W. MACPHAIL ROAD, SUITE 104
BEL AIR, MARYLAND 21014
410-836-5087

24 Hour pH Probe PREPARATION INSTRUCTIONS

You are scheduled to undergo a 24 hour pH probe on, _____

- LOCATION The Endoscopy Center - Towson St. Joseph's DDC
:
 The Endoscopy Center - at Bel Air Good Samaritan DDC
 Franklin Square Outpatient

Arrival Time: _____ am/pm

IN PREPARATION FOR YOUR PROCEDURE, WE ASK THAT YOU OBSERVE THE FOLLOWING:

- ✓ No medications after midnight.
- ✓ Do not take food for 6 hours before the procedure.
- ✓ Do not take liquid for 2 hours before the procedure.

There are several medications for the heart that can affect the esophagus. They include nifedipine, procardia and nitroglycerin. If you are taking medicines for your heart, please ask if these medications should be discontinued for the procedure.

UNLESS YOU ARE SPECIFICALLY DIRECTED OTHERWISE...

STOP THE FOLLOWING MEDICATIONS FIVE DAYS PRIOR TO THE PROCEDURE:

- Prilosec * Prevacid * Aciphex * Nexium * Protonix
- Ranitidine * Zantac * Cimetidine * Axid * Reglan * Pepcid

STOP THE FOLLOWING MEDICATIONS THREE DAYS PRIOR TO THE PROCEDURE:

- GI drug Domperidone * Bethanecol

WHAT IS pH MONITORING? This study measures how much acid from your stomach backs up (refluxes) into your esophagus.

The acid is measured with a small tube that stays in your esophagus for about 24 hours. The majority of the study is conducted in your home in order to monitor reflux under normal living conditions. You may need this test if you have: heartburn, chest pain, asthma, bronchitis, a hoarse voice, frequent sour taste in the mouth.

Side effects and complications: There are no serious problems associated with pH studies. You may experience slight gagging when the tube is inserted. This sensation subsides quickly. You may experience some irritation at the electrode patch on your chest. If it is very uncomfortable, please call.

HOW IS Ph MONITORING PERFORMED? The study takes 24 hours. The test takes place at home except when the tube is placed and removed. The study involves the following: First, we numb your nose and throat with a jelly. Next, we will pass a small tube the diameter of a piece of spaghetti through your nose and into your esophagus. The tube is taped to your nose and attached to a data storage box. The box is attached to your belt or across your chest. You will go home and resume your normal activities as much as possible including your normal eating schedule. The tube and storage box will not interfere with eating or performing your activities. A lot of patients go to work. The data storage box will continuously measure and store how much acid comes into your esophagus. After 24 hours the tube is removed and the data is processed.

HOME INSTRUCTIONS: The data logger you are carrying will store the pH values in your esophagus for the next 24 hours. To ensure an accurate study, please adhere to the following instructions: 1. Do not get the probe or the logger wet . A sponge bath is permitted. 2. Press the event pads on the logger as events occur. [If a significant event occurs that is not included, please write the event(s) in order of occurrence. 3. Press the up or down buttons when you change position. 4. Reattach the tube connection if it gets disconnected from the logger or the electrode. 5. If the tube comes out completely, place it in a plastic bag and return it with the logger at the scheduled time Do not attempt to stop the logger box.