

24 hour Esophageal PH probe – Instructions for Dr. Doran/ Horwitz/Jones/Wytock

Esophageal pH monitoring is a test used to evaluate for gastroesophageal reflux disease and to determine the effectiveness of medications that prevent acid reflux. This test measures the amount of acid refluxing or backing up from the stomach into the esophagus (food pipe). The test is often used as part of a preoperative evaluation before anti-reflux surgery. **Preparation:** Stop medications used for treating reflux and for treating stomach acid problems unless you are told to continue these medications by your physician. **Stop these medications 5 days** prior to the test. Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Zegerid (immediate release omeprazole).

- Stop these medications **24 hours** prior to the test. Zantac (Ranitidine), Tagamet (Cimetidine), Axid (Nizatidine), Pepcid (Famotidine).
- Stop Antacids **6 hours** prior to test.
- Nothing to EAT or DRINK **after midnight**.
- Wear a shirt/blouse that buttons up the front.
- No driver is needed for this test.
- You will need to return to the hospital the following day to have the probe removed. Note that your physician may want you to continue these medications up to and during the test to determine how effective they are in suppressing acid production. If so, please take these medications at your regular time of the day prior to the test and the morning of the test.

What to expect: A thin wire-sized plastic catheter is passed into one nostril, down the throat, and into the esophagus as the patient swallows. The tip of the catheter contains a sensor that senses acid. The sensor is positioned in the esophagus so that it is just above the lower esophageal sphincter, a specialized area of esophageal muscle that lies at the junction of the esophagus and stomach and prevents acid from refluxing back up into the esophagus. No sedation is necessary. The other end of the small catheter comes out the nose and is connected to a small battery-powered recorder that is worn on a strap over the shoulder. The patient is sent home with the catheter and recorder in place. During the 24 hours that the catheter is in place, the patient goes about his/her usual activities, for example, eating, sleeping, and working. Meals, periods of sleep, and symptoms are recorded by the patient in a diary and by pushing buttons on the recorder. The diary helps the doctor to interpret the results. The patient returns the next morning for removal of the catheter. After the catheter is removed, the recorder is attached to a computer so that the data recorded. These tests are usually not done on a Friday.

Your procedure is scheduled at:

_____ **North Kansas City Hospital** 2800 Clay Edwards Drive, KCMO **7th floor pavilion** GILab.

_____ **Liberty Hospital** 2521 Glenn Hendren Drive – Patient Registration

_____ Nothing to eat or drink after midnight. Please call our office at 816 478 4887 if you have any questions or concerns regarding this test.

