

Ambulatory 24-Hour pH-Impedance Monitoring Patient Education

Ambulatory 24-hour pH-Z 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, and 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 anti-reflux surgery; and (4) to determine the effectiveness of medications that are given to prevent acid reflux.

How ambulatory 24-Hour pH-Z monitoring is performed:

This study will be performed by a doctor, nurse, or 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 such as reflux, heartburn, cough, chest pain, etc.; periods of sleep; medications; and meals. This 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-Hour pH-Z monitoring:

- Do not eat or drink anything 6 hours before your scheduled appointment, including gum, mints, or hard candy.
 - Wear loose, comfortable clothing that buttons up in 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 medications include high blood pressure and heart medication. Please consult your physician.
 - If you are a diabetic, follow your physician's instructions regarding medication dosage.
 - Medications to stop prior to the study are listed below: (as instructed)
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7 days before study	2 days before study	24 hours before study
Nexium (esomeprazole) Aciphex (rabeprazole) Prilosec (omeprazole) Prevacid (lansoprazole) Protonix (pantoprazole) Zegerid (omeprazole/sodium bicarbonate)	Zantac (ranitidine) Carafate (sucralfate) Pepcid (famotidine) Reglan (metoclopramide) Tagamet (cimetidine) Axid (nizatidine)	Stop any over-the-counter antacids such as Tums or Roloids.

After the ambulatory 24-hour pH-Z monitoring:

After 24 hours, you will return the recorder and the data will be downloaded for the physician to review. Your physician can then correlate the events and symptoms of the past 24 hours with the acid levels reported during the study to tailor your medical treatment plan. If you experience soreness in your throat, lozenges or gargling with salt water may help. Please schedule a follow-up visit with your physician to discuss the results of the study. Contact your physician with any unusual symptoms or side effects.

Diagnostic study	Date of appointment	Time of appointment
Ambulatory pH-Z monitoring		

If you should have any questions regarding your appointment, please call: **319-234-5990**