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PREPARING FOR YOUR 24-HOUR pH MONITORING TEST (Off Medications)

24 Hour pH Medications:

Several medications alter the pH level of the stomach. Your doctor may choose to perform the test with or without acid-blocking medications. Your doctor would like you to stop your medications. The medications listed below will need to be stopped prior to the test (other medications may be continued). Your test will need to be rescheduled if these medications are not stopped.

7 Days Before Test:

- Stop taking Aciphex® (rabeprazole), Nexium® (esomeprazole), Prevacid® (lansoprazole), Dexilant® (dexlansoprazole), Prilosec® (omeprazole), Protonix® (pantoprazole) and Zegerid® (omeprazole/sodium bicarbonate).

2 Days Before Test:

- Stop taking Reglan® (metoclopramide), Pepcid® (famotidine), Tagamet® (cimetidine), Zantac® (ranitidine), Axid® (nizatidine) and Carafate® (sucralfate).

24 Hours Before Test:

- Stop taking over the counter antacids such as Tums®, Roloids®, Maalox® and Mylanta®

6 Hours Before Test:

Do not have anything to eat or drink.

The Day of Your Test:

We recommend loose fitting clothing, preferably a button up shirt or blouse. Once the lead wire/tube is in place, it will interfere with your ability to change your clothes. You may drive yourself to and from the test.

Bring the following to your test:

- Health History Form: Bring the completed Health History form included in this packet with you the day of your appointment.
- Insurance Card / Photo ID
- List of Current Medications

Cancel or Reschedule your appointment:

If you must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.

DESCRIPTION OF pH MONITOR 24 HOUR CATHETER

What is 24-hour pH monitoring test?

This test enables your doctor to determine the number of episodes of gastroesophageal reflux, which means the backward flow of the stomach's contents into the esophagus. It also determines how long each of these episodes last and what the acid measurement is. Understanding this is important in recommending the correct treatment for you.

Why is pH monitoring recommended?

pH monitoring can be helpful to evaluate chest pain, reflux, heartburn, respiratory symptoms, voice hoarseness or vomiting.

What should I expect during the procedure?

A staff member designated by the physician will place the tube. A very thin tube will be passed through your nose into your esophagus. The tube will be secured to your nose with tape. The external end will be attached to a small recorder. You can wear the recording device on a belt around your waist or carry it like a shoulder strap. For 24 hours (your testing time), you will be asked to keep a diary of when you eat, sleep, and any symptoms that you experience. These symptoms (example: coughing or heartburn) will then be correlated with the information from the tube in your esophagus.

What happens when the test is finished?

You will return to the office and the tube will be removed. Then, you may return home or go back to work. A computer will analyze the information from your recording device and your diary. The results will be given to a doctor who will study the combined data and send a report to you and your primary physician.

Are there any complications?

This test is very safe with very few potential serious complications. You may feel minor discomfort while the tube is in place and it is normal to feel some "tugging" while eating.