

## 24-Hour PH Probe

- What is a 24-hour pH study?

A 24-hour pH study is a method of measuring the amount and frequency of acid reflux from your stomach into your esophagus. A very small tube is inserted and left in the esophagus for a 24-hour period which attaches to a small box that records the data. After the test is over and the tube is removed, the data in the box is fed into the computer and analyzed.

- What should I expect during the procedure?

This test is done in the endoscopy department at the hospital as an outpatient and is done by a Registered Nurse or Doctor. It will take approximately one hour and no sedation is required. The spaghetti-sized tube, which measures the acid, is inserted through the nostril. The nurse will numb your throat and nose with a spray, and while you are sitting up, the nurse begins inserting the tube. Then you will lie down on the exam table and the tube position will be checked by an x-ray. The tube will then be attached to a small box, which records the information. It has a shoulder strap and a belt loop and can be worn either way. The box will display pH measurements, which you may ignore. It also displays a clock in military time, which is important to you. It is this clock that you must use to record a diary. The probe will be removed on the following day. You will be scheduled for the removal of the probe by the hospital.

Before you are sent home, the nurse will explain care of the tube and the recording box. You will also be instructed to about which foods need to be avoided due to their acid level. You will take home a clipboard and a printed copy of the instructions. There will be space for you to record your activities and symptoms. It is important to use the clock on the recorder (not your watch) when documenting material in the diary. For the best test results, you should stick to your usual activity level and habits. The reason for having the test last 24 hours is to get a good sampling of your reflux episodes along with the recording box.

### Preparation Instructions

- What preparation is required?
  - a) For safe tube insertion, the stomach must be completely empty. Therefore, you should have nothing to eat or drink after midnight the night before the test.
  - b) Medications such as Prilosec, Prevacid, Aciphex, Zantac, Protonix, Nexium, and Tagament will need to be stopped 3 days (72 hours) prior to the procedure. You will also need to avoid peppermint during this time. You may take Tums if necessary during this three-day period. If these medications were taken during the three days prior to the procedure, the test would have

to be rescheduled. Otherwise, the test could produce a false negative reading and miss your diagnosis. You may resume all usual medications as soon as the tube is removed.

- Are there any complications with a 24-hour pH study?

This procedure is safe and complications are very rare. Some patients may experience a mild sore throat. Exposure to radiation is minimal (from x-ray to check the tube position), but if you are pregnant, you should postpone the test.

A 24-hour pH study is a safe procedure that is usually very well tolerated. Your physician's decision to order this test was based upon assessment of your particular problem. If you have any questions about your need for this study, please do not hesitate to discuss them with your physician.

We normally receive results in 7 to 10 business days. After your physician reviews the report, we will contact you with the results.

Patient: \_\_\_\_\_

Location: \_\_\_\_\_

Date/check-in time: \_\_\_\_\_