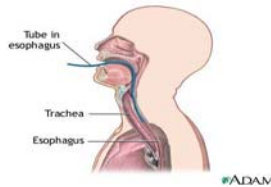


# UNITED HOSPITAL CENTER PATIENT EDUCATION

## ESOPHAGEAL pH MONITORING



Your physician has referred you to the Diagnostic Services Department at United Hospital Center for an Ambulatory 24 Hour Esophageal pH Monitoring examination. 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  
Bronchitis

Chest pain  
Hoarseness

Asthma  
Frequent sour taste in your mouth

In order to perform this examination, the patient must first report to the Diagnostic Services Outpatient Center located in the Clarksburg Comprehensive Care Building, Suite 107 on Davisson Run Road. The registered nurse on duty will take a brief history from the patient, give them instructions regarding restrictions for the next 24 hours, and will then insert the tube needed in order to perform the examination. The tube insertion will consist of the following:

**Your** nose will be numbed with a jelly substance.

**A** small tube (the size of a piece of spaghetti) is passed through your nose and into the esophagus. The tube is taped to your nose and attached to a data storage box. The storage box is attached to your belt or across your chest.

**You** may experience slight gagging when the tube is inserted, but no serious problems are associated with pH studies.

**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.

**The** data storage box will continuously measure and store how much acid comes into your esophagus.

**You** will be given a time to return after 24 hours for the removal of the tube.

**Following** removal of the tube the information recorded by the data storage box can be reviewed.

**You** should wear a top or shirt that opens or fastens in the front.

The **preparation** for pH monitoring is very simple. **Do not take food or liquid for six(6) hours before the procedure.** The physician will usually want to study the esophagus in its natural state. In other words, there should not be any medicine in the body that can affect the function of the esophagus. **Prior to the procedure the medicines listed below should be discontinued as indicated or as per physician preference.**

### Discontinue 24 Hours:

Tagamet (cimetidine)

Urecholine (bethanechol)

Axid

Pepcid (famotidine)

Zantac (ranitidine)

Reglan (metachlopramide)

**Discontinue 5 Days:**

Prilosec(omeprazole)

Aciphex

Prevacid

Protonix

**Discontinue 6 Hours:**

All Antacids (Tums, Roloids, Maalox,etc.)

There are several drugs for the heart that can also affect the esophagus. These include:

Calcium channel blockers (Procardia, Adalat, Calan, Cardiazem, others) Betablockers (Corgard, others) Nitroglycerin

If you are taking medicines for your heart, **please ask your physician** if these medicines should be discontinued for the procedure. You should also avoid x-rays, CAT scans, MRI, and strong magnetic fields like metal detectors while the pH monitoring is in progress. These could damage the pH monitor storage box and affect the outcome of your examination.

**LENGTH:** First appointment for tube insertion - approximately 30 minutes  
pH tube monitoring - 24 hours  
pH tube removal - approximately 5 minutes

**DISCLAIMER:** The content contained in this patient education is presented solely with the intent of providing public service information on health and health-related issues. This information is neither intended nor implied to be a substitute for professional medical advice. Always consult your physician or other qualified health provider prior to utilizing any of the information presented in this patient education. UHC makes no warranty, representation or guaranty as to the content, accuracy, timeliness or completeness of the information presented in this patient education or that the information may be relied upon for any reason.

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