



## ESOPHAGEAL pH MONITORING

Read these instructions at least a week before you come for your procedure.

### WHY DO I NEED THIS TEST?

This test will help measure how much stomach acid backs up into your swallowing tube (esophagus). You may need this test if you have:

- Heartburn and/or chest pains
- Hoarseness, coughing or breathing problems
- Difficulty with swallowing

### HOW SHOULD I GET READY FOR THIS TEST?

- **Do not eat for 4 hours before you have the test.** You may have sips of water.
- You must check with your doctor if you should stop your Prilosec, Prevacid, Aciphex, Protonix or Nexium. If you are to stop the medicine, you must stop 5 days before your test.
- You may take these medications up to midnight the day before your test:  
Antacids (Maalox, Tums, Rolaids), Tagamet, Zantac, Pepcid, Axid
- **Arrive at the hospital one hour before your appointment** to allow for parking and registration in our department.
- Please limit the number of people you bring with you to our waiting room.
- **Bring a list of current medications and medication allergies with you.**
- You may take your morning medications (other than those mentioned above) as usual.

### REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.

### HOW DO I TAKE THIS TEST?

- A nurse will explain the test to you. Ask them any questions you might have.
- You will be asked to sign a form giving the nurse permission to do the test.
- This is an overnight study. You will be allowed to go home.
- We numb your nose and throat and pass a small tube through your nose and into your esophagus. This allows us to measure how much acid comes up into your esophagus.
- You will be asked to eat and resume normal activities while the tube is in.
- You will need to return the following day at the assigned time to have the tube and monitor removed.

### **WHAT HAPPENS AFTER THE EXAM?**

- You may restart all medications once the tube is removed.
- Your nose and throat may feel scratchy for a short while.
- Before you leave, you will be given discharge instructions. **Please contact the physician who ordered your procedure to obtain test results as it relates to your plan of care.**
- After you leave, if you have a severe abdominal pain, continuous gagging, nausea or vomiting please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the GI doctor on-call. You may also go to your local emergency room.
- If you have questions about the test please call **(434) 924-9957**.
- If you need to cancel or reschedule your test, please call **(434) 924-9999**.
- If you are out of the area, you may use 1-800-251-3627 and ask the operator to connect you to any of the above numbers.

The Digestive Health Center of Excellence is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.