



**INSTRUCTIONS FOR YOUR 24 HOUR PH IMPEDANCE PROCEDURE**

**Locations:**

<p><b>PENROSE ST. FRANCIS HOSPITAL</b>                  2770 N Powers Blvd                  719 – 638 - 3000                  CHECK IN AT PRE-REGISTRATION</p>	<p><b>MEMORIAL HOSPITAL CENTRAL</b>                  1400 E BOULDER ST                  719 – 365 – 5543                  CHECK IN AT THE NORTH ENTRANCE</p>
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**WHEN: DATE:** \_\_\_\_\_ **CHECK IN TIME:** \_\_\_\_\_ **PROCEDURE TIME:** \_\_\_\_\_

pH impedance monitoring is a study that measures and records the amount and severity of stomach contents backing up into the esophagus. This study is the most effective method of diagnosing Gastroesophageal Reflux Disease (GERD). You may need to come off of certain acid blocking medications prior to the test.

Preparation for the test includes the following:

- No not eat or drink anything 6 hours prior to your scheduled appointment, including gum, mints or hard candy.
- You may take necessary medication with a small sip of water up to two hours before your study. These medications include high blood pressure and heart medication.
- If you are a diabetic, follow your physician’s instruction regarding medication dosage.
- This study is can be completed on or off your antacid medications.
  - Your physician wants you off your medications. See the table below for guidelines on stopping medications.

7 DAYS BEFORE STUDY	2 DAYS BEFORE STUDY	24 HOURS BEFORE STUDY
Nexium (esomeprazole) Aciphex (rabeprazole) Prilosec (omeproazole) Prevacid (lansoprazole) Protonix (pantoprazole) Zegerid (omeprazole/sodium bicarbonate)	Zantac (ranitidine) Carafate (sucralfate) Pepcid (famotidine) Reglan (metoclopramide) Tagamet (cimetidine) Axid (nazatidine)	Stop any over the counter antacids such as Tums or Rolaids.

- Your physician wants you on your medications. Do not stop your antacids.

This study will be performed by a nurse. It involves inserting a thin, flexible catheter through your nostril and down your esophagus. The catheter will be secured to your nose with tape. The external end of the catheter will be attached to a small recording device called a pH recorder. **You will wear this unit for 24 hours.**

While wearing the recorder, you will be expected to go about all your daily activities with no changes to your diet or sleep. You may not shower or bathe while undergoing the test. You will be given instruction on how to use the recorder and a symptom diary.

After the study is completed, you will return the recorder to the GI Lab for the data to be reviewed by a physician. It is normal to experience a sore throat and minor bloody nose. Results of the study should be available after two weeks.

Please call Peak Gastroenterology at 719 – 636 - 1201 if you have any questions or concerns regarding the test, preparation for it, or results afterwards.