

## 24 Hour Ambulatory pH Monitoring Preparation Instructions (**Off Medication**)

**Please arrive 1 hours and 15 minutes prior to your procedure time:** If you are delayed, please call 970-384-7500 to let the endoscopy know, otherwise we may need to reschedule your appointment.

### **1 WEEK BEFORE YOUR STUDY:**

- You need to **stop** PPI's (proton pump inhibitors) 7 days prior to study
  - e.g., Nexium, Prilosec, Protonix, Aciphex, Prevacid, Dexilant).

### **3 DAYS BEFORE YOUR STUDY**

- You need to **stop** H2 Blockers 3 days prior to study
  - e.g., Pepcid, Zantac, Tagamet

### **DAY PRIOR TO STUDY**

- You need to **stop** antacids the day prior to study
  - e.g., Tums, Rolaids, Maalox

### **PREPARATION DAY OF PROCEDURE**

- Do **NOT** consume any solid food or liquids **6 hours** prior to your procedure.
  - includes Ice, gum, chewing tobacco, and smoking

**Clothing:** Wear a button-down or loose-fitting top for easy placement of the wire.

**Hygiene:** Shower/bathe the night before or morning of, as you cannot get the monitor wet during the 24-hour test.

**Arrival:** The catheter placement takes about 15-30 minutes and does not require sedation

**DURING THE TEST** you are expected to eat normally, including foods that commonly cause your symptoms.

### **DAY AFTER STUDY**

- **Return to ENDOSCOPY the following day for catheter removal and to return the diary.**

## IMPORTANT REMINDERS FOR DAY OF PROCEDURE:

- **Parking** can be a challenge. Please plan to arrive **1 hour and 15 minutes** prior to your arrival time to park and navigate our campus. The hospital offers free valet in both the upper and lower entrances of the hospital.
- Please have your **ID, insurance card and any copays** with you at check-in.
- If you need to change or reschedule your appointment, please call 970-384-7512 8:30am-4:30pm.
- **Please leave all jewelry and valuables at home.**
- If you use **oxygen** at home day or night, please bring a portable tank with you.
- Valley View will release **ALL** results to you as soon as they are available. Therefore, you may see some results even before we do. Please give the provider 2-3 weeks to review your results and reach out to you. If you have an immediate concern, please send a message through My Health Connection, or call the scheduling line to send a message to the provider.

## 24 Hour Ambulatory "pH" Monitoring

This test you are about to have done measures the amount of acid backing up from your stomach into your esophagus or "reflux". ("pH" describes the acidity of a substance.) There are a few important things to remember while the probe is in place.

- Do not shower or take a bath while the probe is in place. The monitor **MUST NOT** get wet.
- There is a piece of tape around the probe showing proper placement of the probe in your nose. The tape holding the probe to your nose may come loose. If this happens and the probe comes out a small amount, swallow and push the probe back into your nose. (You should push the probe back until the tape around the probe is at the opening to your nose.) Then retape the probe in place. If the probe has come out a long way, gently pull it out and return the equipment and probe to the Center.
- You may eat your normal diet. Please do not eat candy or chew gum. Do not sip a drink throughout the day. Rather, if you are going to have a drink, please drink it all within 10 minutes.

· We want you to lead a "normal day". Do what you usually do including such activities as bike riding, house cleaning, lawn mowing, exercising, walking, or whatever you might normally do.

· It is important to record any symptoms as you experience them. To do this, press the appropriate event buttons on the *Zepher* recorder.

1. The "pill" symbol records when you are taking medications.
2. The "eating utensils" symbol records the beginning and end of a meal, or if you have a drink.
3. The "person in bed" records when you go to sleep and when you wake up.
4. The "heart" symbol records a feeling of heartburn or chest pain.

**Note any comments you want to remember to tell us. The more we can match information to the results in the recorder, the better test results we will get.**

**If you have any questions, please call the GI Lab at 970-384-7500 between the hours of 6:30 a.m. to 5:30 p.m., Monday through Friday. After 5:30 p.m. call 720-848-0000 and ask the operator to page the on call GI provider.**

**Your diary is on the next page.**

**Diary:**

| <b>Event</b> | <b>Time</b> | <b>Symptoms</b> | <b>Event</b> | <b>Time</b> | <b>Symptoms</b> |
|--------------|-------------|-----------------|--------------|-------------|-----------------|
| 1.           |             |                 | 11.          |             |                 |
| 2.           |             |                 | 12.          |             |                 |
| 3.           |             |                 | 13.          |             |                 |
| 4.           |             |                 | 14.          |             |                 |
| 5.           |             |                 | 15.          |             |                 |
| 6.           |             |                 | 16.          |             |                 |
| 7.           |             |                 | 17.          |             |                 |
| 8.           |             |                 | 18.          |             |                 |
| 9.           |             |                 | 19.          |             |                 |
| 10.          |             |                 | 20.          |             |                 |