

Asheville Gastroenterology Associates

Patient Information - 24 Hour pH Study

Patient _____ Physician _____

Your appointment is scheduled for _____ at _____.

Please arrive at _____ to complete paperwork and registration.

The procedure generally takes 30 minutes to an hour from start to finish. A technician will prepare and explain the procedure to you. A topical anesthetic (like Xylocaine) will be placed in your nose and sprayed in your back of your throat. A thin, soft tube is then gently inserted into a nostril and fed into your swallowing tube (esophagus) where it will remain for the entire study. The tube is attached to a recording monitor which is a small metal box (about the size and weight of a Walkman). This recorder stores all of the information we need to interpret the results of your test.

You will be asked to keep a diary to indicate the times you go to bed and get up, when you eat, and any episodes of heartburn, cough or chest pain you experience. These events will also be entered into your monitor. These events must be documented to obtain an accurate study. You should maintain as near to a normal daily schedule as possible during the course of your study.

General Instructions:

1. Nothing to eat or drink within four hours of the exam. Your usual medications (see exceptions) can be taken with a small amount of water.
2. Please wear a blouse, dress, or shirt that is loose fitting, when you come for your test. This will make it easier for you to change into your nightwear once you are ready for bed.

Children: Bring a bottle of the child's preferred liquid to have as soon as the probe is placed. For children 5 years or younger, it is helpful to have 2 adults so that the child does not pull the tube on the way home.

The results of this study can be affected by medications. We usually require that patients are off of their acid reducing medications or medicines that change motility. Sometimes we are looking at response to therapy and leave patients on their usual medications.

YOUR MEDICATIONS INSTRUCTIONS: (Follow directions in checked box)

Your test will be done with you taking all of your usual medications.

Your test will be done with you off the following medications:

Stop 5 days prior to Study

1. Prevacid (lansoprazole)
2. Prilosec (omeprazole)
3. Aciphex (rabeprazole)
4. Protonix (pantoprazole sodium)
5. Nexium (esomeprazole)
6. Zegerid(omeprazole, Sodium Bicarbonate)

Stop 2 days prior to Study

1. Tagamet (cimetidine)
2. Zantac (ranitidine)
3. Pepcid (famotidine)
4. Axid (nizatidine)
5. Propulsid (cisapride)
6. Reglan (metoclopramide)