

24-Hour Ambulatory pH Monitoring



Your appointment for 24-hour ambulatory pH monitoring is:

_____ at _____

Your study will be completed at the Endoscopy department at WakeMed Cary Hospital. If you have any questions about the study, please contact the physician who ordered the exam; or, you may call the Endoscopy department at 350-2435, Monday - Friday, 8 am - 4 pm.

Esophageal pH monitoring measures how often stomach acid refluxes up into the lower esophagus. A thin, flexible tube is gently inserted through the nose into the esophagus, and is connected to a portable pH monitor. For 24 hours, it measures the acid content of the esophagus during normal daily activities. Information collected determines the frequency, length of time of acid reflux and if your symptoms occur with reflux. A gastroenterologist then evaluates the recordings.

The pH monitoring insertion takes about ten minutes and recording begins immediately. **You will have to wear a tube taped to your face for 24 hours** so you may wish to plan any social event accordingly. The tubing is attached to the recorder. You will push a specific button on the recorder for specific symptoms or activities. To protect the recorder, you may not shower or take a bath during the test period. Immediately following the removal of the tube, you may resume your usual diet, activities and medication(s).

PREPARATION

Please refrain from eating and drinking for at least six hours before the test. Wear comfortable clothing. A shirt or blouse that buttons in the front may be easier for you when you change your clothes during the 24-hour monitoring period. Antacids and medications are allowed until the night before the test/insertion.

MEDICATION

Certain medications interfere with normal esophageal function. Please discontinue the following medications at least 24 hours before your appointment. **Always consult with your physician before stopping any medication.**

- **Calcium Channel Blockers** – Nifedipine, Verapamil, Diltiazem, etc.
- **Nitrites** – Nitroglycerine, Nitropatches, Paste, Isosrbide-Dinitrate, etc.
- **Anticholinergics** – Propantheline, Reglan, Bethanechol etc.
- **Beta Blockers** – Corgard, Inderal, Lopressor, Tenormin etc.
- **Sedatives** – Valium, Ativan, Tranxene, Clonipin etc.
- **Pain Medications** – Percocet, OxyContin, Morphine etc.

If you are not sure if you are taking a medication that may fit into one of these categories, please check with a physician, nurse or pharmacist.

Endoscopy Department

WakeMed Cary Hospital, 1900 Kildaire Farm Road, Cary, NC 27511, 919-350-2435