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## **PREPARING FOR YOUR 24-HOUR pH MONITORING TEST (On Medications)**

### **Medications:**

Several medications alter the pH level of the stomach. Your doctor may choose to perform the test with or without acid-blocking medications. Your doctor would like you to continue your medications.

### **pH Test with Stomach Medications:**

If your doctor has instructed you to remain on stomach medications, continue your medications prior to the test but please inform the nurse prior to the test.

### **48 Hours Test:**

Avoid taking the following medications. If you are under physician orders to continue these medications for certain medical conditions (such as a seizure disorder), continue taking the medications but please inform the nurse on the day of the test.

Metoclopramide (Reglan®)

Bethanechol (Urecholine®)

Erythromycin

Muscle relaxers (examples: Flexeril®, Cycloflex®, methocarbamol, metaxalone, carisoprodol, cyclobenzaprine).

Benzodiazepines (examples: clonazepam, Klonopin®, diazepam, Valium®, lorazepam, Ativan®, midazolam, Versed®, temazepam, Restoril®, Xanax®, Alprazolam, Oxazepam, Serax®).

### **6 Hours Before Test:**

Do not have anything to eat or drink.

### **The Day of Your Test:**

- It is important that you arrive at your scheduled arrival time.
- Do not take any morning medications. Our staff will discuss your medication schedule with you when you arrive.
- We recommend loose fitting clothing, preferably a button up shirt or blouse. Once the lead wire/tube is in place, it will interfere with your ability to change your clothes.

### **Bring the following to your test:**

- Health History Form: Bring the completed Health History form included in this packet with you the day of your appointment.
- Insurance Card / Photo ID
- List of Current Medications

### **Cancel or Reschedule your appointment:**

*If you must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.*

## **DESCRIPTION OF pH MONITOR 24 HOUR CATHETER**

### **What is 24-hour pH monitoring test?**

This test enables your doctor to determine the number of episodes of gastroesophageal reflux, which means the backward flow of the stomach's contents into the esophagus. It also determines how long each of these episodes

last and what the acid measurement is. Understanding this is important in recommending the correct treatment for you.

**Why is pH monitoring recommended?**

pH monitoring can be helpful to evaluate chest pain, reflux, heartburn, respiratory symptoms, voice hoarseness or vomiting.

**What should I expect during the procedure?**

A staff member designated by the physician will place the tube. A very thin tube will be passed through your nose into your esophagus. The tube will be secured to your nose with tape. The external end will be attached to a small recorder. You can wear the recording device on a belt around your waist or carry it like a shoulder strap. For 24 hours (your testing time), you will be asked to keep a diary of when you eat, sleep, and any symptoms that you experience. These symptoms (example: coughing or heartburn) will then be correlated with the information from the tube in your esophagus.

**What happens when the test is finished?**

You will return to the office and the tube will be removed. Then, you may return home or go back to work. A computer will analyze the information from your recording device and your diary. The results will be given to a doctor who will study the combined data and send a report to you and your primary physician.

**Are there any complications?**

This test is very safe with very few potential serious complications. You may feel minor discomfort while the tube is in place and it is normal to feel some “tugging” while eating.