

# Motility and 24-Hour pH Prep

## **24 Hour pH 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.**

## **2 DAYS BEFORE:**

- 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, Klonipin®, diazepam, Valium®, lorazepam, Ativan®, midazolam, Versed®, temazepam, Restoril®, Xanax®, Alprazolam, Oxazepam, Serax®).
  - Baclofen (Ozobax, Fleqsuvy, Lyvispah, Lioresal)

## **DAY OF TEST:**

Morning Medications: You may take your morning medications including blood pressure medications, blood thinners (if you have not been instructed to **STOP** these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to your procedure** or earlier.

- Do not take any narcotics
- Do not take any chewable vitamins or supplements
- If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management. If you have any questions regarding your medication, please call 612-871-1145 and ask to speak with the motility nurse

Clothing: 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. You may drive yourself to and from the test.

You must be able to remove any nose piercings to complete the test.

## **6 HOURS BEFORE:**

- **STOP** eating solid foods.
- Stay on clear liquid diets (see clear liquid diet)

### **3 HOURS BEFORE:**

- **STOP** consuming all liquids.
- Do not take anything by mouth during this time.

### **Cancel or Reschedule Your Appointment:**

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

For detailed information about your procedure please visit

<https://www.mngi.com/search/patient-services>

### **Clear Liquid Diet**

- For more details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>.
- Clear liquids are anything that you can see through (NO red).
- Examples of a clear liquid diet include: water, clear broth or bouillon (gluten-free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger ale), clear juices (apple, white grape, white cranberry), Jell-O, popsicles, and up to one (1) 8 fl. oz. cup of dark soda, black coffee or tea (no milk or cream) each day.
- **DO NOT use or drink the following on a clear liquid diet:** red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juices not listed above, products that have oil, or chewing tobacco. **If you do, your procedure will be cancelled.**