24-Hour pH Probe

What is a 24 hr pH? A catheter will be placed through your nose to your esophagus, and you will go home with this in place for 24 hours. During the 24-hour pH test, the probe in your nose will document how much acid refluxes into your esophagus. It is important for you to record your symptoms while doing the test. Placement of the catheter and instructions will take approximately 30 minutes. You will return to the GI lab to have this catheter removed the next day.

Preparing for the test – Nothing to eat or drink after midnight. There and no dietary restrictions during the test. While eating, the probe may pull on your nose as the food passes in your esophagus. This is normal.

DO NOT take over-the-counter antacid medication (i.e. Tums, Rolaids, Maalox, and bicarb soda). In addition, do not take any acid suppression drugs (Zantac, carafate, Prilosec, Pepcid, Prevacid, Aciphex, and Tagament) unless your physician has directed you to do so.

If the tape on the 24-hour pH probe comes loose from your nose, you may retape it. Make sure the black mark on the probe is on the inside of the nare of your nose. If for some reason the tube comes out a considerable length and is curling in the back of your throat or mouth, you may pull the probe completely out. Please call the G.I. Lab if this happens early in the day, before 4 p.m. If it is during the night please bring the monitor back to the G.I. Llab in the morning.

Occasionally, people do get a sore throat. You can Use a throat lozenge. A headache is also a common side effect. You can take Tylenol or Motrin if you are not allergic to those medications.

It is important for you to keep the monitor unit <u>DRY</u>. It is not waterproof.

Please call the G.I. Lab for any questions, problems, or concerns. You may call (801)387-2500 during the day Monday through Friday. After hours you may call the hospital operator at (801) 387-2800 and ask to speak with the G.I. Lab nurse on call.

Appointment Date and Time: _____