24 Hour Ambulatory pH Study

Why am I having this procedure?
This procedure will help your doctor determine if your symptoms are related to stomach acid refluxing up into your esophagus and/or throat.

What will happen during the procedure?
- You will not be sedated for this procedure.
- A small tube will be inserted through your nose into your esophagus and taped into place.
- The tube will be connected to a monitor that you will wear for 24 hours.
- You will be shown how to use the monitor, and how to fill out a diary of events that occur.
- You will be given a time to return the next day. Your tube will be removed, and your diary will be reviewed at that time.

Instructions
- Do not have anything to eat or drink for 6 hours before your appointment.
- If you normally take prescription medications you can take these with a small amount of water the morning of your procedure at 7:00am. However, your doctor wants you to stop the following medications prior to the procedure:

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<th>Medication</th>
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For your comfort, please wear clothing that closes in the front.

Possible Side Effects
- There is a small possibility that the tube could cause a tear or perforation of your esophagus, however this is very rare. If this were to occur, you might need surgery.
- It is possible that the tube could trigger a nosebleed.
• Passage of the tube may irritate your nose and throat and may cause gagging.

**After you leave the hospital**

• Do not let the monitor get wet. **No shower or bath.**
• Avoid **all acidic fruits, juices, pickles and carbonated or alcoholic beverages** during the recording period.
• The following morning you will return to Hotel Dieu Hospital, Johnson Wing, Room 473 to have the tube removed and your diary reviewed.

**After the Procedure**

You should contact your doctor’s office and book a follow-up appointment to discuss the test results.

**Where do I go for the procedure?**

This procedure is performed in the Gastroenterology (GI) Function Testing Unit, 4th Floor, Room 473, Hotel Dieu Hospital. Please report to the Jeanne Mance 4 Registration Desk.

If you have any problems or questions, phone the GI Function Testing Unit at 613-544-3400 ext 2417:

• Monday & Friday 8:00am to 12:00pm
• Tuesday, Wednesday and Thursday 8:00am to 2:00pm.