

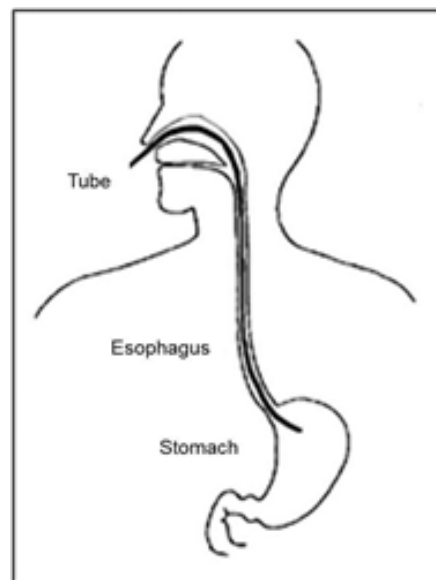
24 Hour Ambulatory pH Study

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:

Medication	When to stop
	_____ days before the procedure
	_____ hours before the procedure
	_____ hours before the procedure
	_____ hours before the procedure

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

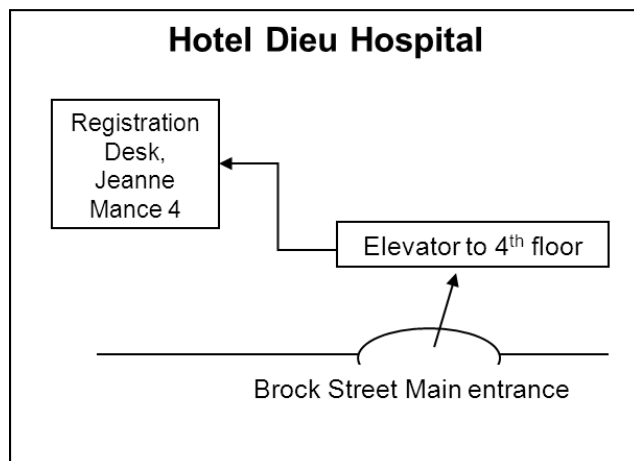
- Do not let the monitor get wet. **No shower or bath.**
- Avoid **all acidic fruits, juices, pickles and carbonated or alcoholic beverages** during the recording period.
- The following morning you will return to Hotel Dieu Hospital, Johnson Wing, Room 473 to have the tube removed and your diary reviewed.

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.