

INSTRUCTIONS FOR 24-HR pH STUDY

Q. What is a pH study?

This study measures the acid levels within your oesophagus (gullet).

Q. What does the study involve?

The test is usually performed after an oesophageal manometry. A separate small flexible catheter will be inserted via the nose and into the oesophagus. The catheter will be taped and attached to a portable recorder which you will carry around with you for 24 hours. You will be instructed to press buttons on the recorder when you eat, sleep or have symptoms.

Q. How long will the study take?

The oesophageal manometry study takes about 30 minutes and the insertion of the pH catheter takes about 15 minutes (so total around 45 minutes). You will return the next day (approximately 24 hours later) for the catheter to be removed. This test does not require hospital stay.

Q. Will I be able to continue with my normal activities after the test?

Yes, you will be able to drive and it is advisable that you return to your usual routine. However you will not be able to shower as the recorder must be kept dry. You should try to have your usual diet for the day. You should avoid lying down during day time and only lie down during bedtime.

Q. How do I prepare for the test?

You need to fast 5 hours before the study. Your doctor will advise if your acid suppression medication needs to be stopped one week prior to your test (this includes Nexium, Pariet, Somac, Zoton, Losec, Tazac, Pepcidine). You may take Gaviscon or Mylanta up to 6 hours prior.

Q. What side effects may I experience?

When the catheter is in place, you might experience an uncomfortable lump at the back of the throat where the catheter is. However, this should gradually ease off as you get back to your normal routine for the day.