

Motility Clinic

PATIENT DIARY – 24HR AMBULATORY pH STUDY

During the study:

- Continue all normal day-to-day activities (unless advised otherwise)
- Do not bath or shower while the equipment is attached
- Handle the unit with care

Diet:

- Continue usual diet except no acidic foods (tomatoes, spices, citrus), no carbonated or alcoholic drinks (coke, wine)
- No acid-inhibiting medications (losec, somac)
- No laxatives, antacids (Mylanta, gaviscon), no aspirin or anti-inflammatory medications
- Smoking is not encouraged. Smokers should note these activities in the diary.

The event buttons:

- (heart) – to record chest discomfort, chest pain, heartburn, reflux – whichever is your main symptom
- (knife & fork) – meals, eating. Record even if it is only a snack
- (bed) – recumbent/sleep. Record whenever you are lying flat. Try to sleep with just one pillow unless other medical conditions (heart or lung) exist.
- (event) to mark symptoms such as belching, hiccups, vomiting, coughing, smoking (this button may not be used at all – clinician will advise)

The Diary:

- Note the time these events take place using the time display on the pH recorder.
- Note any intake of acidic food and tea/coffee, and the type of meal e.g. 'steak and veges'.
- Note times when lying down or sleeping

PATIENT DIARY – 24HR AMBULATORY pH STUDY

NAME: _____

Study Number: _____

Date: _____

Time Commenced: _____

Phone number: _____

Time Completed: _____

Probe depth: _____

CLINICAL DETAILS

SYMPTOMS:

	Never	Occasionally	Frequently
Heartburn			
Regurgitation			
Bloating			
Abdominal pain			
Constipation			
Diarrhoea			
Dysphagia			
Excessive wind			
Belching			
Vomiting			
Chest pain			
Coughing			
Asthma			

Other: _____

Duration of symptoms: _____

MEDICATIONS:

Current and previous: _____

PREVIOUS TREATMENT:

OTHER MEDICAL CONDITIONS:

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