

## 24-hour OESOPHAGEAL pH STUDY

The purpose of this study is to document the frequency and duration of any episodes of acid material from the stomach passing into the oesophagus (gullet).

It involves passing a thin, flexible, plastic tube through your nose and down into the oesophagus. This tube is then connected to a small recording device which, you wear on a belt for the next 20 hours or so.

During this time you will be able to eat and drink normally. Please avoid coffee, fruit juice, alcohol, kiwi fruit and all citrus fruits.

Your driving ability will not be impaired.

- The evening prior to your procedure please only consume a Light Diet e.g. soup, eggs, steamed chicken or fish
- **AM Appointment** Only have sips of water in the 6 hours before your procedure
- **PM Appointment** You may have a light Breakfast e.g. tea and toast or light cereal. Then you must only have sips of water in the 6 hours before your procedure
- It is important that you stop any antacids for 24 hours before the study
- If you are taking either Omeprazole/Losec, Lansoprazole/Zoton, Ranitidine/Zantac, Famotidine /Pepcidine, Cimetidine / Tagamet, Somac/Pantoprazole, please stop these **seven (7) days** before the study.
- You should not shower or bath during the 24-hour period.
- There is a possibility that you may not be able to carry out your normal working activities during the 24 hour study, please ask at time of booking the procedure.
- Medications can be recommenced after the tube has been removed.
- Please allow approximately one hour for the procedure.

You will also need to return to the Rooms for about five minutes the following day to have the tube removed. The data is then analysed and the result sent to your Doctor.

LAST REVIEWED March 2015