

## **Ambulatory pH Monitoring Study**

Your physician has scheduled you to have an ambulatory pH monitoring study. Please read the instructions given to you by your physician. Altoona Hospital will call you a few days prior to the exam to review the instructions and give you a time. You may ask them any questions at this time.

The ambulatory pH monitoring study is done to determine if acid is present in the esophagus for an abnormal amount of time and whether the occurrence of a specific symptom is associated with a period of acid reflux. This relationship is valuable in determining the source and the possible treatment of your symptoms.

A thin pH probe is passed through a nostril into the esophagus. This is connected to a small recording device worn by the patient. The patient notes all symptoms and activities in a diary and/or on a recorder as they occur, striving for an as normal routine as possible. After 24 hours the data is removed from the patient. The data is correlated, analyzed and interpreted by a physician.

[ ] This Study is being done to diagnose gastroesophageal reflux disease.

Stop Prilosec / (Omeprazole), Prevacid, Nexium, Aciphex, Protonix, or Zegerid 5 days prior to the exam.

Stop Zantac, Tagament, Pepcid, Axid, Reglan, or Cimetidine 24 hours prior to the exam.  
Stop any antacids 6 hours prior to the exam.

[ ] This Study is being done to evaluate the effectiveness of your anti-reflux regimen.

You may continue all anti-reflux medications as usual.

### **Instructions for Study**

1. Nothing to eat or drink after midnight.
2. Wear a shirt or blouse that buttons in the front.
3. While wearing the 24 hour pH monitor, you may not shower or bathe.  
Please do this the day before.
4. A driver to accompany you is not required.
5. Plan to return to the hospital the following day to have the equipment removed.  
This will only take a few minutes.