

24 hour pH Monitoring

Date of procedure: _____

Arrival time: _____

Time of procedure: _____

Important

A business clerk will call to remind you about your procedure at least 2 weeks before the date.

You must confirm the date of your procedure at least 10 days before or your procedure will be cancelled and your referring doctor will be notified.

This can be done during the reminder call or by calling 905-521-2100, ext. 73265.

Where to go

GI Motility Lab (in Endoscopy)
Room 4X24
McMaster University Medical Centre
1200 Main Street West
Hamilton, Ontario

Phone: 905-521-2100
Bookings – ext. 73265
Lab – ext. 76691

When you arrive at the hospital, check in at Patient Registration on the Main floor (2nd floor).

Take the yellow elevators to the 4th floor. Turn left and follow the hallway to the 4X area on the left. Follow the signs to Endoscopy. Register at the Endoscopy reception desk.

Please bring:

- your health card
- a list of your current medications

How long does the procedure take?

The procedure takes about 30 minutes.

What is 24 hour pH monitoring?

A 24 hour pH monitoring test measures the acidity levels in your throat (the bitter tasting liquid that comes from your stomach up your throat).

A thin small tube will be put through your nose into your esophagus (food tube) and taped to your face. The tube is connected to a computer that you will wear at home for 24 hours. This feels uncomfortable but is not painful.

You will be asked to keep a diary of your activities, meals and symptoms. Most patients have no difficulty eating, sleeping or going about their daily activities.

You will not receive sedation, so you will be able to drive yourself home after the procedure. You may have a local anesthetic spray into your nose.

The next day, the tube will be removed and you can carry on with your normal routine.

What are the risks?

Complications are rare:

- discomfort in the nose or back of the throat, nosebleed, runny nose or nausea during the insertion of the tube (these symptoms should settle down quickly)
- esophageal tear/perforation is very rare

Before you come to the hospital

Do not eat or drink after midnight before your procedure.

Wear a shirt that buttons up at the front.

Do not wear make-up or creams on your cheeks and nose, or perfumes and other fragrances.

Medications

There are some medications that affect your esophagus or stomach and you may need to stop taking them before your procedure.

Please check with your referring doctor before you stop taking any medications as you may need to continue taking certain ones.

Doctors will check off your instructions below:

STOP	Medication	When
<input type="checkbox"/>	Losec/Omeprazole, Pantoloc, Prevacid/lansoprazole, Nexium, Pariet/Rabeprazole, Tecta, Dexilant	7 days before your test
<input type="checkbox"/>	Zantac/Ranitidine, Pepcid/Famotidine, Axid/nizatidine, Tagmet/Cimetidine	5 days before your test
<input type="checkbox"/>	Domperidone, Motilium, Prucalpride	24 hours before your test
<input type="checkbox"/>	Antacids such as Gavison, Maalox and Tums	Midnight before your test

STAY on your current medications

<input type="checkbox"/>	Take your medications (such as heart, blood pressure, asthma, thyroid) the day of the test with a sip of water.
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If you take insulin, talk to your doctor.

Your doctor will discuss your medication with you.

Special instructions

If you have diabetes, check your blood sugar as usual and bring the results with you to the hospital. You may need to have your blood sugar checked at the hospital.

For the next 24 hours

Wear the monitor at all times.

You will be able to eat and drink normally.

Do not drink alcohol while wearing the monitor.

Do not bathe while wearing the monitor. The equipment cannot get wet.

If you have any questions, call the Motility Lab
at 905-521-2100, ext. 76691.