

## 24-Hour pH Monitoring and Impedance Study

We use pH monitoring to diagnose esophageal reflux. This *Health Facts for You* will tell you how the study works, how to get ready for this study and when to expect your results.

### How the Study Works

You will have a small flexible tube passed through your nose into your esophagus. The nurse then connects the tube to a small recording device that measures the acid present in your esophagus. You will carry this device with you for 22-24 hours. You will record meal periods, sleeping periods, and reflux symptoms. This device will measure how often acid may move into the esophagus from the stomach and if this relates to your symptoms.

### Getting Ready

**Acid blocking medicine:** This test can be done either on or off acid blocking medicine. Your doctor will tell you if you need to stop your medicines for testing. **Only** stop your medicine if your doctor tells you to do so.

**Diet:** No solid food after midnight the night before your study. You may keep drinking clear liquids until 4 hours before you arrive.

**Diabetic medicines:** You may need to adjust your oral medicine and insulin for the time you're not eating as normal. Please discuss this with your primary doctor.

### Day of Procedure

1. **Stop drinking liquids 4 hours before you arrive.** You may take medicine with sips of water up until 2 hours before the study.
2. Plan to be here about 45 minutes.

3. We will numb your nose and insert a small tube through your nose and into your esophagus.
4. Once the tube is in place, we will ask you to eat and drink normally. If you have noticed any foods that make your symptoms worse, please have them at home to eat during your test.
5. We will teach you how to use the recorder and the diary and answer any questions you have.

### Caring for the Recorder

You must handle the data recorder with care. Do not drop or bang it. You may **not** shower, bathe or get the recorder wet.

### Return of Recorder and Probe Removal

You will return to the clinic when the study is complete. At this visit, you will have the probe removed and you will return the device as directed. Please bring your diary with you to this visit.

### Results

Please allow 1-2 weeks for the final report to be sent to your doctor to review. Your doctor will share the results with you.

### Who to Call

#### UW Health Digestive Health Center

750 University Row  
Madison, WI  
(608) 890-5000  
(855) 342-9900

**UW Health East Madison Hospital**

4602 Eastpark Blvd.

Madison, Wisconsin 53718

**(608) 242-2898**

**(608) 440-6300**

**University Hospital**

GI Procedure Clinic

600 Highland Avenue Madison, WI

**(608) 263-8097**

**(800) 323-8942**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©3/2022. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5160