



**PATIENT PROCEDURE INFORMATION LEAFLET**

# **24 HOUR OESOPHAGEAL PH TESTING**

## **Why do I need this test?**

A 24 Hour Oesophageal pH test measures the amount of acid that wells up (reflux's) from your stomach into your gullet (oesophagus) and will help to find out if your symptoms are caused by acid reflux.

## **What should I expect?**

**Before the test:** you should stop taking indigestion medication one week before the test so an accurate assessment of the amount of acid that is refluxing can be obtained. These include: Esomeprazole (Nexium), Omeprazole (Losec, Mepradec, and Prilosec), Rabeprazole (Pariet), Lonsoprazole (Zoton) or Pantoprazole (Protium).

You also need to stop taking Domperidone and Metoclopramide 48 hours before the test.

You should continue taking medication for other conditions e.g. diabetes or epilepsy as normal.

You should not eat anything for 4 hours or drink anything for 2 hours before the test.

You are advised to wear loose clothing if possible, as the catheter is inserted under your top and attached to the machine.

**On arrival:** the physiologist will explain the procedure to you and ask you to sign a consent form. This is to ensure that you understand the test and its implications. You will also be asked a series of questions about your symptoms and the medication you have taken for them. This will help with the interpretation of the results. Please bring a list of your medication with you.

**During the test:** you will be made comfortable on the couch, sitting upright. The physiologist will then pass a very fine acid-measuring catheter through your nose and into your oesophagus; the catheter will remain in place for the duration of the test between 18-24 hours and is attached to a recording machine. You will be asked to complete a diary during the period of the test.

We ask you to provoke the acid by eating fatty foods and the foods that are known to cause your acid problems.

## **How do I complete the diary sheet?**

The physiologist will explain this to you during your visit. It is important that it is recorded when you experience your symptoms, e.g. heartburn or regurgitation. You do this by sliding the button on the recorder every time you become aware of your symptoms (this inserts an electronic mark on to the recording) and by writing on the diary sheet the nature of the symptom and the time that it occurs, as displayed on the recorder.

You will also need to write down everything you eat and drink noting the start and finish times.

## **Will I be able to feel the catheter?**

You will be aware of the catheter in the back of your throat throughout the test, but most patients find they become less aware of it with time.

## **Will I be able to eat and drink as normal?**

Yes. The catheter may move very slightly as you eat and it may feel strange, but we would like you to persevere as it is important to know what happens after meal times. Please do not chew gum.

## **Will I be able to sleep?**

When you go to bed to sleep you may place the recorder by the side of you. Again, it is important that you sleep in your normal position.

## **Can I drive?**

The medical advice is that you should not drive during the test since you may be distracted. If you are coming by car please ensure you are accompanied to each appointment by a driver.

## **What happens if I need to cough, vomit or blow my nose?**

The catheter will be securely taped to your cheek and behind your ear and is not likely to move on these occasions. Very rarely the catheter can be vomited back up into your mouth and in this situation you will have to remove it. To do this untape the catheter from your face, take a deep breath in and pull it out from the nose. Then place all the equipment in a plastic bag and return as arranged.

## **Can I take any medicine for indigestion during the test?**

Please do not take any indigestion medication during the test as all medications for indigestion have the effect of reducing or masking the amount of acid present and therefore will give us an inaccurate result.

## **Will I be able to go to work?**

If possible please follow your normal daily routine. However, if you feel it inappropriate, try to be as active as you normally would be at home.

## **Will I be able to take a bath or shower?**

The recorder must not get wet and so baths, showers and swimming are forbidden.

## **Can I damage the equipment?**

The equipment is expensive and we ask that you treat it with care. The catheter is particularly vulnerable and if it catches on a door handle, for example, it will be irreversibly damaged. It is therefore advisable to wear a loose top over the recorder and catheter to protect against this.

## **What should I do if I cannot tolerate the presence of the catheter?**

In this unlikely event, you can remove the catheter yourself. To do this untape the catheter from your face, take a deep breath in and pull it out from the nose. Then place all the equipment in a plastic bag and return as arranged. Obviously if this happens we will gain less information about your condition.

## **What should I expect when I return to have the catheter removed?**

This appointment takes only 5-10 minutes. The recorder is stopped and the catheter is removed. Removing the catheter only takes 2-3 seconds and is not uncomfortable. The physiologist will want to look at your diary sheet with you to ensure that we have all the relevant information.

## **When will I know the result?**

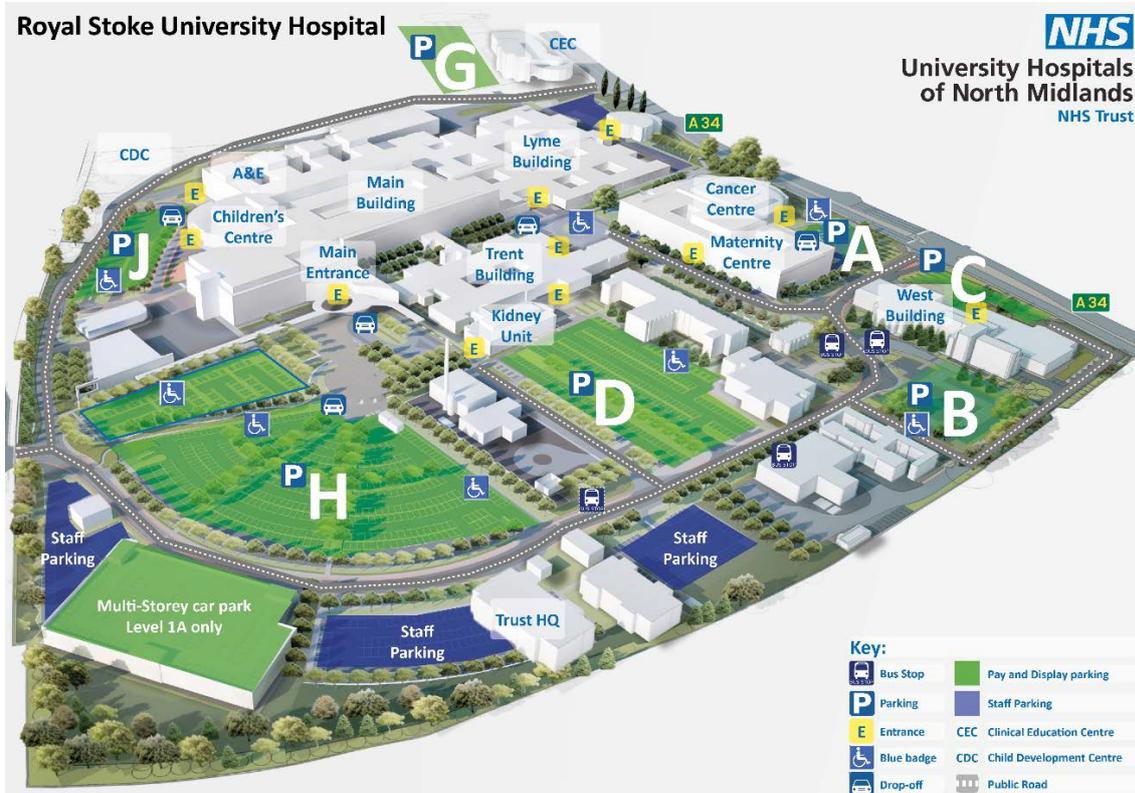
The information from the recorder is downloaded onto a computer and the results printed. The printout will need to be carefully analysed by the physiologist and your GP will receive a copy of the final report.

If you have any questions, either before or after your appointment, you can contact the physiologist on telephone number 01782 675715. You may leave a message on the answer phone and your call will be returned as soon as possible.

If you need to change your appointment, please contact the booking office on 01782 676006

## Getting Here

Royal Stoke Hospital, Newcastle Road, Stoke-on-Trent, ST4 6QG.



**Please note car parking charges will apply.**

There is a shuttle bus service from County to Royal Stoke at a charge of £5 return. Please call 01782 824232 to arrange a place on the bus.