

24-hour pH Impedance Study

Your doctor has recommended you have an impedance and pH study as part of your evaluation. An impedance and pH study measures the amount of acid and non-acid gastroesophageal reflux you have. Gastroesophageal reflux (GERO) is the backward flow or reflux of food and acid from the stomach into the esophagus. The results of this study will help your doctor determine a diagnosis and the best treatment options for you.

Risks

The 24-hour probe study has no real risks. There are only a few small side effects. It may not feel very good when your healthcare provider inserts the tube and when you wear it. When the tube is inserted, you may feel:

- Mild pain when swallowing
- Mild pain in your throat
- Pain in your chest
- Pressure in your nose
- A pulling sensation when you swallow

Preparing for the Study

- Do not eat food for at least 4 hours or drink clear liquids for at least 2 hours before the study or as instructed.
- Continue to take all your other medicine as you usually do.
- Wear a shirt or blouse with buttons down the front.
- Do not wear makeup, creams or lotions on your face.
- You may need to stop taking medications such as Proton Pump Inhibitors (i.e., Omeprazole, Dexilant and others) or other medications which impact stomach acid. Please check with the provider who ordered the study for their direction.
- One side of the nose must be piercing free and septum piercings must be removed prior to your appointment.

During the Study

A small flexible tube will be placed through the nose into the esophagus. The study may be slightly uncomfortable when the tube is placed. The nurse will explain what is being done during the study.

Once the probe is placed, tape will be placed around the tube and on the nose to secure the probe. The probe is attached to a recorder. The recorder has buttons that you will push during the study. This will be placed in a carrying case with a shoulder strap. You will wear this for the entire study. You will also be given a diary to help you keep track of your symptoms. The nurse will show you how to use the recording box and diary to monitor how you are doing during the study.

It is important that you maintain all regular activities as much as possible during the study to obtain an accurate assessment of reflux through a "normal" day. This includes maintaining typical meals, activities, exercise, sleep, etc., while the probe is in place. You will be able to drive yourself home after the study. You cannot shower or take a tub bath while the probe is in place. You will be instructed when to return the following day to have the probe removed. You will not need an appointment.

Questions? Deanna Byrne, RN or Amber DeMoss, RN (970) 669-5432 ext. 46286