

24-Hour pH Monitoring

My name: _____

Date of my test: _____ time: _____

My symptoms: _____

24-Hour PH Monitoring

You are going to have a 24-hour pH monitoring test. This test is done to find out if your symptoms are related to refluxing or regurgitating (bringing up) acid from your stomach into your esophagus (the tube in your throat connecting your mouth and stomach for swallowing food).

Why is the test done?

24-hour pH monitoring is used to check:

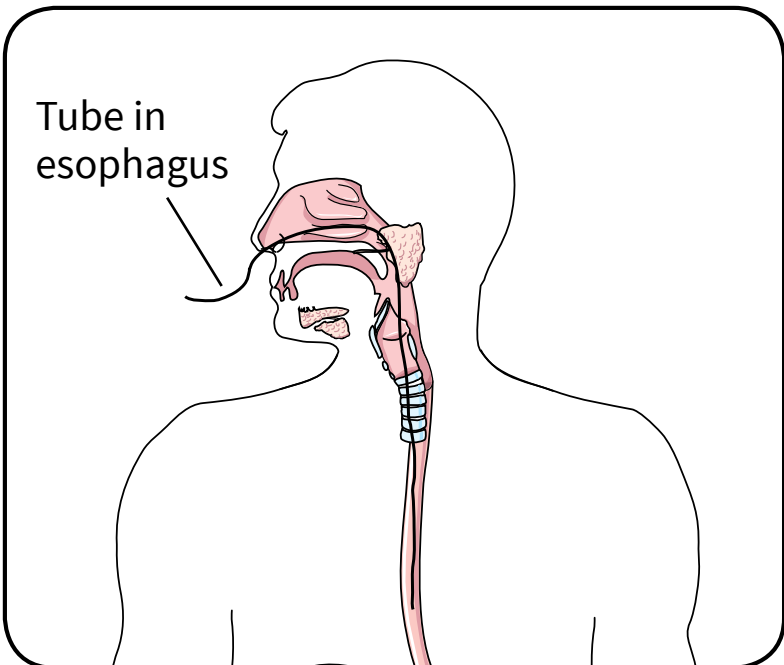
- › how much acid is refluxing into your esophagus
- › how often you are refluxing in a day
- › how long it takes to clear the acid from your esophagus
- › when you reflux the most (when you are upright or when you are lying down)
- › when you have symptoms compared to when you are having reflux episodes

How is the test done?

A small tube will be passed through one side of your nose into your esophagus. A monitor attached to the tube will be used to check how much acid is in your esophagus. The tube will stay in place until the end of the test. We will show you how to use the monitor.

How will the test feel?

There will be a sensation of something in your throat; however, the tube is so small that most people feel it is not as distressing as they first thought it would be. Breathing normally helps the gagging feeling pass quickly.



Diet

While on the pH monitor, do not eat or drink anything acidic.

Do not eat these foods:

- **Milk products:** buttermilk, sour cream, cottage cheese, yogurt, Kraft American cheese, sherbet
- **Fruits:** all fruits, fruit juices, fruit-flavoured desserts, desserts made from fruit, including raisins or dates
- **Vegetables:** tomatoes and all tomato products (e.g., sauce, paste, ketchup), sauerkraut, canned pimento
- **Breads:** pumpernickel, zwieback (melba toast)
- **Other:** jams, jellies, honey, Jell-O[®], horseradish, mustard, soy sauce, Worcestershire sauce, vinegar, salad dressing, pickles
- **Drinks:** all juices, pop
- **Medications:** you will not be able to take any medication you usually take for stomach problems (e.g., Zantac[®], Losec[®], Tagament[®], Maxeran[®], Motilium[®], Gaviscon[®], Diovol[®], Rolaid[®], Maalox[®], Riopan[®]). This includes prescription medications, over-the-counter medications, and herbal supplements. You will be told before you come for your test if you have to stop these medications.

Foods you can have:

- **Milk products:** milk, cream, ice cream, pudding
- **Vegetables:** all vegetables except tomatoes
- **Meats:** all meats
- **Breads:** white, oatmeal, whole wheat, bran, oat bran, rye
- **Fat:** all fats such as gravy, butter, margarine, and cooking oil
- **Drinks:** tea and coffee (if taken with milk, cream, or sugar), water. Tea or coffee without milk, cream, or sugar is OK **only if you limit yourself to one small cup** when monitoring is being done.

Activity

- You can do your usual activities.
- When lying down, do not raise the head of your bed and only use one pillow.
- Do not take a shower or bath when the tube is in place.

Diary

You will keep a diary (on the next pages) while pH monitoring is being done.

Write down the following in your diary:

- Any time you start and finish eating a meal or snack.
- Any symptoms you have (e.g., pain, indigestion, burping, coughing, nausea (feeling sick to your stomach), reflux, regurgitation, vomiting (throwing up), heartburn, wheezing).
- Any time you change positions (e.g., from being upright to lying down, or from lying down to getting up).
- Any time you start and stop smoking.
- Any time you take medication and why. During monitoring, you will not be able to take any medication you usually take for stomach problems (e.g., Zantac[®], Losec[®], Tagamet[®], Maxeran[®], Motilium[®], Gaviscon[®], Diovol[®], Roloids[®], Maalox[®], Riopan[®]). This includes prescription medications, over-the-counter medications, and herbal supplements. You will be told before you come for your test if you have to stop these medications.

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information in this pamphlet is to be updated every 3 years or as needed.