

PREPARATION INSTRUCTIONS FOR 24-HOUR pH STUDY

Date of Procedure: _____

Time of Procedure: _____

This procedure involves passing a narrow tube through the nostril and into the esophagus. This tube is attached to a recording box that records the acidity in the esophagus for approximately 24 hours. In most cases this is an easily tolerated procedure. You may feel a little pressure in your nostril and slight gagging as the tube is initially passed. This sensation subsides quickly. You are encouraged to go to work (the tube is visible), eat a normal diet and foods that provoke your symptoms, and perform your normal activities during the procedure. You return to the office the next day to remove the tube.

INSTRUCTIONS:

- √ NOTHING BY MOUTH 6 HOURS PRIOR TO THE PROCEDURE

- √ 7 DAYS PRIOR TO THE PROCEDURE DISCONTINUE:
 - Prevacid (lansoprazole)
 - Prilosec (omeprazole)
 - Aciphex (rabeprazole)
 - Kapidex (dexlansoprazole)
 - Protonix (pantoprazole)
 - Nexium (esomeprazole)
 - Zegerid (omeprazole + sodium bicarbonate)

- √ 3 DAYS PRIOR TO THE PROCEDURE DISCONTINUE:
 - Over-The-Counter (OTC) acid suppressing medications such as Axid, Zantac, Pepcid, Tagamet.
 - Carafate
 - Reglan

- √ INSTRUCTIONS MIDNIGHT PRIOR TO THE PROCEDURE
 - Discontinue antacids (Maalox, Tums, Mylanta, Gaviscon)
 - Nothing to eat after midnight

Please inform us prior to your procedure date if you have any physical limitations that would make it difficult to climb onto an exam table or lay on your right side for an extended period of time.

Please reschedule your appointment if you feel you have an active upper respiratory infection (i.e. sinusitis, bronchitis, etc.)

If you have not followed the proper prep for your procedure your appointment will be rescheduled.

It is your responsibility to check with your insurance company for pre-authorization for any procedures. Your appointment might be canceled if you do not have the proper paperwork, referrals, or pre-authorizations (if needed). The results will be discussed at your follow-up appointment.

Please call Jackie at 410-224-4887 ext. 435 to reschedule this appointment.