

24 hour PH or Motility Study



 **PRESBYTERIAN**

IMPORTANT! Please read these instructions one week prior to your procedure

It will take you several days to prepare for this test. You may also need to stop taking certain medications up to a week in advance. Please read these instructions well in advance of your procedure date. We recommend that you post these instructions in a visible location at home to remind you of the various steps you will need to take.

You will not be sedated for these procedures, so you will not need someone to drive you.

Call our office at 224-7000 if you have questions or concerns.

We require that you contact us at least 72 hours before your scheduled test if you wish to cancel your test.

**Presbyterian Medical Group
Gastroenterology
(505) 224-7000**

Patient responsibility

- If there are any changes with your insurance(s), please notify our office prior to your procedure date.
- After your procedure is scheduled, you may receive a call from the Presbyterian Registration department to verify your information and insurance coverage. You may call the department with registration questions at **559-1009**.
- If you need financial assistance with the cost of the procedure, or if you have financial or billing questions, please call 923-6600.
- If your insurance requires a referral, it must be current at the time of your procedure, or you may be liable for payment.
- Remember to bring your insurance card(s) with you the day of your procedure.

5 days prior to your 24 hour PH

- If you are taking acid suppressing medications, please ask your doctor if you need to stop taking these medications prior to the exam: Aciphex, Maalox, Mylanta, Nexium, Prevacid, Prilosec, Protonix, Tums, Zegerid.
- Do not stop taking your acid suppressing medication for the motility study.

On the day of your procedure

- Nothing to eat or drink after midnight.
- Diabetic medications: **DO NOT** take your morning dose the day of the procedure. If you have complicated diabetes, you may want to contact your primary care doctor for instructions.
- By 6 a.m. the day of your procedure, please take your blood pressure, cardiac and seizure medications.
- Remove all jewelry and leave valuables at home.

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Impedance monitoring

This test measures the rate of fluid movements at various points along your esophagus. When used in combination with pH monitoring, impedance monitoring gives your gastroenterologist a more complete picture of both acid and non-acid reflux episodes. The combined results are also useful in evaluating patients with PPI-resistant typical reflux symptoms, chronic unexplained cough, excessive belching and regurgitation.

pH (acid) monitoring

In difficult-to-diagnose patients, physicians may choose one of two methods to measure pH (acid) levels in the esophagus. In ambulatory nasoesophageal pH monitoring, a tube connected to a recording device is placed through your nose into the esophagus for 24 hours. The test measures reflux during normal everyday activities and regular eating patterns.

A second test replaces the tube with a small wireless transducer temporarily placed at the end of the esophagus. It sends data it collects to a receiver worn on your belt for 24 to 48 hours – again, all while you go about normal, daily activities. At the end of the test, the disposable capsule holding the transducer will pass naturally through your digestive tract.

GI Motility Study

Your doctor has requested a test in order to examine the contraction of your stomach and upper small intestinal muscles. For this test you will swallow a small tube which will not interfere with your breathing. This tube will monitor your stomach and small intestine. After monitoring the motility of your stomach and small intestine for a few hours, a test meal and/or medication will be administered to determine their effects on the upper gastrointestinal tract.



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