

## 24 Hour Oesophageal pH Test



The Oesophagogastric Unit

**This procedure usually follows oesophageal manometry testing.**

## **What is an 24 hour pH impedance test?**

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An 24 hour pH impedance test records the acid and non-acid reflux in your oesophagus (gullet) to determine if you have gastro-oesophageal reflux disease (GORD). The test can also be done to determine the effectiveness of medications or surgical treatment for GORD.

## **What is gastro-oesophageal reflux?**

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Gastro-oesophageal reflux is a condition in which stomach contents reflux (ie move back) into the oesophagus.

## **Is there an alternative to this procedure?**

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pH recording can also be undertaken using a wireless capsule (Bravo® pH recording) which is implanted during an upper GI endoscopy and records acid reflux for 48 hours. This test is not carried out at this centre and although there is less discomfort in the nose it may lead to some discomfort in the chest and can only be put in place during an endoscopy. If you are interested in this test you should speak with your GP or the referring doctor.

## **What happens during gastro-oesophageal reflux?**

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A specialized muscle (valve), called the lower oesophageal sphincter is located where the oesophagus meets the stomach. This sphincter opens to allow food and liquid to pass into the stomach, then closes to prevent reflux. When the sphincter does not close tightly, food particles, stomach acid and other digestive juices can splash back up into the oesophagus. When this happens, the condition is called gastro-oesophageal reflux. When reflux occurs on a regular basis, it can cause damage to the oesophagus. The 24 hour pH impedance test measures how often stomach contents reflux into the lower oesophagus and how much acid the reflux contains.

## How does the oesophageal pH test work?

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A thin, small tube with acid and impedance sensors along its length is gently passed through your nose, down the oesophagus and into the stomach. The tube is secured to the side of your face with tape. The end of the tube exiting from your nose is attached to a portable recorder that is worn on your belt or over your shoulder. The recorder has several buttons on it that you will press to mark certain events. A doctor/nurse will review the monitoring instructions with you.

## How do I prepare for the 24 hour pH impedance test?

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### Special conditions

Tell the doctor/nurse if you have a lung or heart condition, have any other diseases, or allergies to any medications.

### Medications

Please inform the doctor/nurse if you are taking any of these medications. They will advise on the medications to stop if in doubt. Please follow the instructions below (unless told otherwise by your doctor):

- Seven days before the monitoring period, do **NOT** take proton pump inhibitors: Omeprazole, Lansoprazole, Rabeprazole, Pantoprazole, Esomeprazole
- Two days (48 hours) before the monitoring period, do **NOT** take the H2 blockers: Ranitidine, Famotidine or promotility drugs Metoclopramide, Domperidone
- Six hours before the monitoring period, do **NOT** take antacids (such as Gaviscon®, Maalox®, Milk of Magnesia® or any other brands)
- 6 hours before your appointment do **NOT** eat or drink

**Please note:** Occasionally, your doctor may want you to continue taking a certain medication during the monitoring period to determine if it is effective.

## Once the test has begun, what do I need to know and do?

- **Activity:** Try to follow your usual daily routine. Do not reduce or change your activities during the monitoring period. Doing so can make the monitoring results less useful.

**Note: do not take a bath or shower; the equipment must not get wet.**

- **Eating:** Eat your regular meals at the usual times. If you do not eat during the monitoring period your stomach will not produce acid as usual and the test results will not be accurate. Eat at least 2 meals a day. Eat foods that tend to increase your symptoms (without making yourself miserable). Avoid snacking, fizzy and acidic drinks (such as orange juice). Do not suck on sweets or lozenges and do not chew gum during the monitoring period.
- **Lying down:** Remain upright throughout the day. Do not lie down until you go to bed (unless napping or lying down during the day is part of your daily routine).
- **Medications:** Continue to follow your doctor's advice regarding medications to avoid during the monitoring period.
- **Recording symptoms:** Press the appropriate button once on your recorder when symptoms occur (as discussed with the nurse).
- **Recording events:** Record the time you start and stop eating and drinking (anything other than plain water). Record the time you lie down (even if just resting) and when you get back up. The nurse will explain this.
- **Unusual symptoms or side effects:** If you think you may be experiencing any unusual symptoms or side effects, call your doctor.

You will return the next day to have the tube removed. The information on the recorder will be downloaded to a computer and the results will be analysed.

## After completion of the study

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Resume your normal diet and medications. Lozenges or boiled sweets may help ease any sore throat caused by the tube. Your doctor will discuss the results of your test with you during your next scheduled appointment.

## Reference:

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The Cleveland Clinic Foundation  
Integrated clinical and hospital care with research and education to  
provide a broad range of healthcare. [my.clevelandclinic.org](http://my.clevelandclinic.org)





## Contact details

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For further information contact your Consultant's Secretary via RSCH switchboard on:

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ext 2703 (Prof P Gatenby)

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## PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Future review date: January 2020

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