

For pH monitoring you will wear a small wire probe placed through the nose into the esophagus for a 24-hour period. You will be encouraged to follow your usual eating and activity routines after the proper position of the probe. For esophageal manometry a thin, flexible tube will be placed through the nose and into the stomach, and readings will be taken at various positions in the esophagus. This usually takes 1 to 1 ½ hours. The pH probe placement takes about 15 to 30 minutes. Numbing medicine will be placed in your nose to make insertion of the probes more comfortable. You will be allowed to sip water as you swallow the probes.

Please wear a shirt that is easily removed. Since we do not give sedation for these tests, you will be able to drive yourself.

**In order to obtain accurate test results, please follow these directions carefully:**

In preparation for either of these tests you should not eat or drink anything during the 9 hours before the tests are scheduled. People with achalasia or autoimmune diseases may need longer than 8 hours.

For 24-hour pH monitoring you need to stop taking Prilosec or Prevacid 5 days before the test. Histamine blockers (Tagamet, Zantac, Pepcid, Axid) should be stopped 48 hours before the test. Proton pump inhibitors (Reglan & Propulsid) should also be stopped 48 hours in advance. Antacids are permitted up to 6 hours prior to probe placement. \*If the study is being done to evaluate the effectiveness of your present heartburn treatment, all antireflux medications should be continued—ask the doctor.

For esophageal manometry, the following medications should be discontinued 48 hours before the procedure. Caffeine/coffee, Propulsid (cisapride), Reglan (metoclopramide), Urecholine (bethanechol), Erythromycin (antibiotic – many brand names), Nitroglycerine (Isordil), Calcium channel blockers (Procardia, Adalat, Calan, Cardizem, others), Betablockers (Corgard, others), Donnatal, Librax, Levsin.

Before stopping any medication, be sure to talk with the doctor who requested this evaluation.

Your test will be performed in the Endoscopy Department at the:

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