



How to Prepare for Your 24 Hour pH Impedance Test

IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.

PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least **SEVEN DAYS** notice so another patient can be offered the time slot.

Follow all of the instructions in this handout **EXACTLY** as they are written. If you do **NOT** follow the directions, your test will need to be rescheduled.

Key Instructions:

- Several types of medications may need to be stopped starting up to **7 DAYS BEFORE** the test. See the medication section below for details.
- Do not eat or drink for 8 hours before your test
- Return to the GI lab the following day to drop off the recorder and have the catheter safely removed

PREPARING FOR YOUR PROCEDURE:

Medications

Check with the doctor who ordered your 24 hour pH impedance test whether they want the test performed **ON** or **OFF** acid reflux medications.

If your doctor wants the test performed **OFF** acid reflux medications, please read the following:

- These medications should be **STOPPED FOR 7 DAYS** before the test: Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Zegerid (immediate release omeprazole), and Dexilant (dexlansoprazole).
- These medications should be **STOPPED FOR 2 DAYS** before the test: Zantac (Ranitidine), Tagamet (Cimetidine), Axid (Nizatidine), Pepcid (Famotidine).
- Medications such as TUMS, Gaviscon, Maalox and Mylanta can be taken the day before the test.
- Take all other medications ordered by your doctor. On the day of your procedure, take your other medications with a sip of water.

If your doctor wants the test performed **ON** acid reflux medications, then please read the following:

- Continue all your regular medications.
- On the morning of the test, you can take your regular medications with sips of water.

7 days before your procedure

- Several types of medications may need to be stopped starting up to **7 DAYS BEFORE** the test. See the medication section above for details.
- Call **708-216-0464** if you are unable to keep your appointment and need to reschedule.

The day of your procedure

- **Do NOT eat or drink anything for 8 hours before your scheduled appointment time.**
- You may take your morning medications with sips of water.
- You should arrive to the GI Lab at your scheduled appointment time.
- If you have had a broken nose, surgeries on your nose or a deviated septum, please tell the nursing staff before starting the procedure.
- Placing the probe takes approximately 15 minutes. No sedation is necessary. The other end of the small catheter comes out the nose and is connected to a small battery-powered recorder that is worn on a strap over the shoulder.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

After the procedure

- During the 24 hours that the catheter is in place, you can continue usual activities including eating, sleeping, and working. You will record meals, periods of sleep, and symptoms in a diary and by pushing buttons on the recorder. The diary helps the doctor to interpret the results.
- You will return the next morning for removal of the catheter and returning the recorder.

Questions:

If you have any questions about preparing for your procedure, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow on Call

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This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at **www.loyolamedicine.org**

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