

Impedance-pH study off PPI therapy

Your doctor has suggested you have an impedance and pH study as part of the evaluation. An impedance and pH study measures the amount of acid and non-acid gastro-oesophageal reflux you have. An impedance and pH study will help identify if you have increased amounts of reflux and if it is causing your symptoms.

Procedure Appointment -

Do not eat food or drink liquids for at least 6 hours before the test.

Please **stop** all anti-reflux medications for at least 5 days before the study. Examples of these medications are below.

OMPERAZOLE, ESOMEPRAZOLE, LANSOPRAZOLE, PANTOPRAZOLE, RABEPRAZOLE, RANITIDINE, TAGAMET OR AXID. PLEASE NOTE THAT THESE MEDICATIONS CAN BE KNOWN UNDER DIFFERENT NAMES. IF YOU ARE UNSURE, PLEASE CHECK WITH YOUR G.P. IF YOU DO NOT COMPLY WITH THIS, IT MAY RESULT IN THE TEST NOT BEING CARRIED OUT.

DO NOT TAKE ANY ANTACIDS

Continue to take all your other medicine as you usually do with a small amount of orange juice that morning. Wear a shirt or blouse with buttons down the front.

What is done during the Impedance-pH study?

You may be required to have High Resolution Impedance Manometry study before the Impedance-pH study (see other enclosed information fact sheet). Both tests combined will take 1hour 30 minutes.

A small tube will be placed through the nose into the oesophagus. Once the probe is placed, tape will be placed around the tube and on the nose to keep the probe in place. The probe is attached to a recording box. The recording box has buttons that you will push during the study. This will be placed in a carrying case with a belt, shoulder strap or backpack. You will wear this for the entire study. The doctor/nurse will show you how to use the recording box before you go home.

You cannot take a shower or bath while wearing the monitor. You should otherwise go about your daily routine and eat your regular diet in order to get a realistic recording of how much reflux occurs during your usual day.

How long will the test take?

You will be able to drive yourself home. The impedance pH study will take 24 hours to complete. You will be required to remove the probe at home (the nurse will show you how) and return the equipment to the Ulster Independent Clinic the following day. The results will be interpreted within 7 days and sent to your referring doctor.