

## 24-Hour pH Study

### *What to expect*

*This handout explains what to expect when having a 24-hour pH study of the esophagus. It gives instructions to follow before the study.*

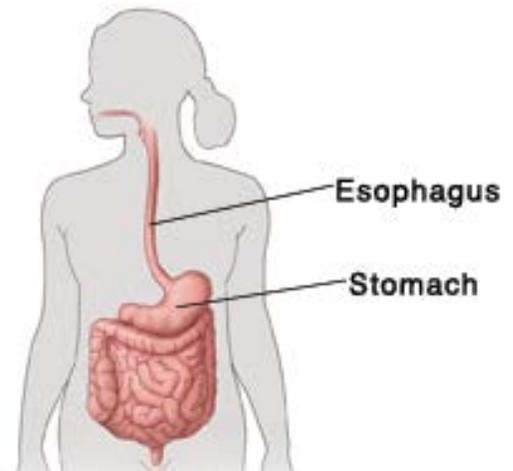
### **What is a 24-hour pH study?**

This study measures and records the amount of acid (called the *pH level*) in your *esophagus*, the tube that connects your mouth with your stomach. The study is done over a 24-hour period.

The test results will help your provider know if you have acid reflux (*gastroesophageal reflux disease*, or GERD).

### **What can I expect?**

- A small, soft tube will be placed through your nose and down into your esophagus. The tube is about the size of a spaghetti noodle. It is connected to a recorder that is a little larger than a wallet.
- Clinic staff will give you instructions to follow for the next 24 hours. You will be able to return to most of your usual activities right after the tube is placed. You may need to limit some foods or drinks.
- Do **not** take a shower during the 24-hour test.
- The next day, you will return to the clinic for a short visit to have the tube removed.
- We will send the results to the healthcare provider who ordered this study. Your provider will talk with you about the results and your plan of care.



*The esophagus is the tube that carries food from your mouth to your stomach.*

## How to Prepare

### 7 Days Before

Starting 7 days before your study, **STOP** taking these medicines:

- Aciphex (Rabeprazole)
- Dexilant (Dexlansoprazole)
- Nexium (Esomeprazole)
- Prevacid (Lansoprazole)
- Prilosec (Omeprazole)
- Protonix (Pantoprazole)
- Zegerid

### 2 Days Before

Starting 2 days before your study, **STOP** taking these medicines:

- Axid (Nizatidine)
- Carafate (Sucralfate)
- Pepcid (Famotidine)
- Reglan (Metoclopramide)
- Tagamet (Cimetidine)
- Zantac (Ranitidine)

### The Night Before

At midnight on the night before your study, stop taking antacid medicines. This includes Tums, Rolaids, Maalox, Mylanta, and Gaviscon.

### The Morning of Your Study

- **Starting 6 hours before the study, do not eat anything.** You may drink clear liquids until 2 hours before the study. Clear liquids include water, apple juice, clear broth, tea or coffee without milk, soda, and Jell-O.
- **Starting 2 hours before the study, do not eat or drink anything.** If needed, you may take prescription medicines that are not listed above with a small sip of water.
- Wear a loose-fitting top or a shirt that buttons in front.

### Questions?

Your questions are important. Call if you have questions or concerns.

Center for Esophageal and Gastric Surgery/Manometry and pH Study Lab:  
206.598.7350

To schedule an appointment, call 206.598.6686.