

pH Diary Instructions and Log

Return to Clinic: Date: _____ Time: _____

Diary Instructions

1. When you have a symptom, write the time and put an “X” in the column that best describes the symptom.
2. If you push an **EVENT** button, you don’t need to write anything.
3. Use the **EVENT** buttons as indicated. There is no need to write anything further for these buttons.
4. Be sure to bring this diary page when returning for probe removal.

Important Rules:

- Keep the recorder dry.
- Do **not** take antacids (like Tums or Mylanta) or any other medications listed on your letter.
- Do **not** eat: Soda crackers (Saltines), peanut butter, caramel, taffy, sticky granola bars, big bites of bread, sticky rice, or gooey melted cheese. Take small bites and chew well.
- Do **not** write down when you drink, have hiccups, or clear your throat.
- If you drink soda, citrus drinks (cranberry, orange, grapefruit, pineapple, lemonade or limeade), red wine, Gatorade, or Crystal Lite:
 - Only drink them with meals or within 10 minutes of eating.
- If you are having a UGI X-ray the next day:
 - Do **not** eat, drink, or chew gum after midnight.

None/ON/OFF PPI: _____ days

None/ON/OFF H2 Blockers: _____ days

Probe: _____ Placed @ _____ cm

(Patient Sticker)

Button	When to Press	Button	When to Press
①	When you have heartburn		When you start a meal or snack
②	When you burp / belch		When you finish a meal or snack
③	When you cough		When you lie down
	When you experience any of these: • Chest pain, belly pain, nausea, or regurgitation (vomiting or spitting up) Write the symptom in your diary.		When you get up

Event	Time	Symptoms				Comments
		Chest Pain	Belly Pain	Nausea	Regurgitation	
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