

24-Hour pH Monitoring

My name: _____

Test date: _____ Time: _____

My symptoms: _____

24-Hour pH Monitoring

You are going to have a 24-hour pH monitoring test. This test checks if your symptoms are related to refluxing (coming up from your stomach) or regurgitating (bringing up) acid from your stomach (belly) into your esophagus (the tube in your throat connecting your mouth and stomach to swallow food).

Why is the test done?

24-hour pH monitoring checks:

- › how much acid is refluxing into your esophagus.
- › how often you are refluxing in a day.
- › how long it takes for the acid to leave your esophagus.
- › when you reflux the most (when you are upright or when you are lying down).
- › if reflux is causing symptoms.

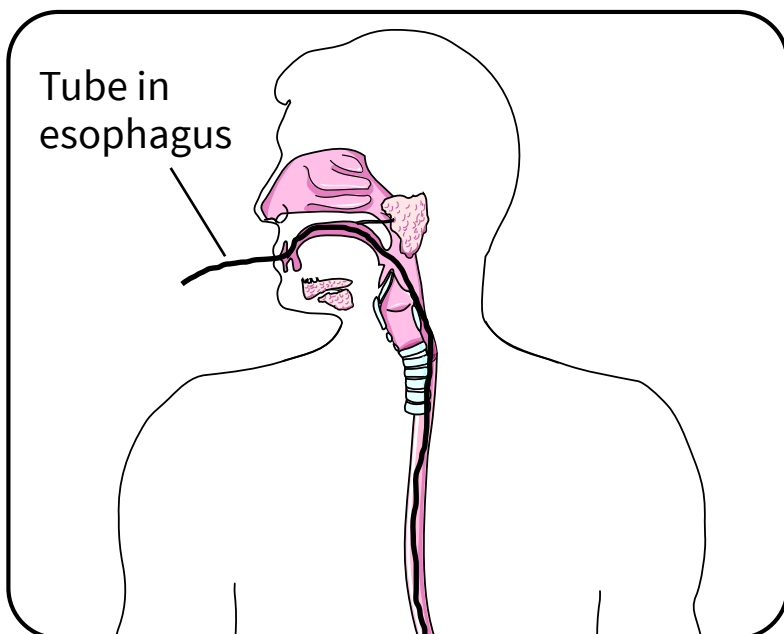
How is the test done?

- A small tube will enter through one side of your nose into your esophagus.
- A monitor attached to the tube will check how much acid is in your esophagus. The tube will stay in place until the end of the test.

- Your health care team will show you how to use the monitor. Once the tube is put in, you will go home and do your usual activities while using your food diary.

How will the test feel?

- You will feel something in your throat, but the tube is very small. Most people do not mind it as much as they thought they would.
- If you feel like you are about to gag, breathe normally. This helps the feeling go away quickly.



Medications

- Your health care team will tell you when you book your test if you must stop taking your medication (like blood thinners or stomach medications) during the test.
- Your health care team will tell you when you need to stop taking your medication and when you can start taking them again when the test is over.

Eating and drinking during the 24-hour pH monitoring test

- You can eat and drink while you are doing the test.
- **Do not** eat or drink anything acidic (like tomatoes or tomato juice, citrus fruits [oranges, lemons, or limes] or citrus juices).
- **Do not eat these foods:**

Milk products:

- | | |
|------------------|---------------------|
| › Buttermilk | › Kraft Singles or |
| › Sour cream | other cheese slices |
| › Cottage cheese | › Sherbet |
| › Yogurt | |

Fruit:

- | | |
|-----------------------|----------------------|
| › All fruit | › All desserts |
| › All fruit juices | made from fruit, |
| › All fruit-flavoured | including raisins or |
| desserts | dates |

Vegetables:

- › Tomatoes and all tomato products (like tomato sauce, tomato paste, or ketchup)
- › Sauerkraut
- › Canned pimento

Breads:

- › Pumpernickel
- › Melba toast

Other:

- › Jams
- › Jellies
- › Honey
- › Jell-O
- › Horseradish
- › Mustard
- › Soy sauce
- › Worcestershire sauce
- › Vinegar
- › Salad dressing
- › Pickles

Drinks:

- › All juices
- › All pop

Foods you can eat

Milk products:

- › Milk
- › Ice cream
- › Cream
- › Pudding

Vegetables:

- › All vegetables **except tomatoes**

Meats:

- › All meats

Breads:

- › White
- › Oatmeal
- › Whole wheat
- › Bran
- › Oat bran
- › Rye

Fat:

All fats, including:

- › Gravy
- › Butter
- › Margarine
- › Cooking oil

Drinks:

- › Water
- › Tea and coffee (if taken with milk, cream, or sugar)

Tea or coffee **without** milk, cream, or sugar is OK **only if you limit yourself to one cup (250 ml)** when monitoring is being done.

Activity

- You can do your usual activities.
- When you are lying down, **do not** raise the head of your bed.
- Use **only one** pillow when you are lying down.
- **Do not** take a shower or bath when the tube is in place.

Diary

You will use this diary during your pH monitoring test.

In your diary, write down:

- Any time you start and finish eating a meal or snack.
- Any time you change positions (from being upright to lying down, or from lying down to getting up).
- Any symptoms you have, like:
 - › Pain
 - › Indigestion
 - › Burping
 - › Coughing
 - › Nausea (upset stomach)
 - › Reflux
 - › Regurgitating food
 - › Vomiting (throwing up)
 - › Heartburn
 - › Wheezing (a whistling sound when you breathe)

Notes:

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Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to <http://library.novascotia.ca>
Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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