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.

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.

*continued*
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