

24hr pH MONITORING PROCEDURE

Jay Monahan Center
for Gastrointestinal Health

DATE: _____

TIME: _____

LOCATION: Jay Monahan Center, 1315 York Avenue, New York, NY 10021

WHAT IS 24 HR PH MONITORING?

24 pH Monitoring is a test that helps to identify the cause of your reflux symptoms. It allows your physician to evaluate your reflux symptoms to determine the frequency and duration of acid coming into your esophagus and to confirm if your condition is GERD.

HOW IS 24 PH ANALYSIS PERFORMED?

The study will be performed by a physician and generally takes only about 10-15 minutes. You will be seated in a semi-reclining or reclining position. Your nose and throat will be numbed by a spray to help minimize any discomfort. A small catheter will be gently placed through your nose into your esophagus and down to the stomach. You may be asked to sip water during this process to help guide the catheter. During this time, you will be able to breathe, swallow, and talk. The catheter has a probe attached that will be able to measure the pH of the esophagus. This catheter will remain within the esophagus for 24 hrs. The catheter will be securely fastened to your cheek with adhesive tape. Additionally, you will be wearing a small monitor that will record the pH levels of your esophagus.

PREPARING FOR YOUR PROCEDURE:



- **At least 8 hours prior**, please refrain from eating and drinking
- **Do not wear** face creams or makeup
- Prior to your test, consult with your physician regarding prescribed medications you may take
 - No pain medications, sedatives, tranquilizers, anti-spasmodic and pro-motility agents
 - You may continue medications for high blood pressure, diabetes, and heart disease
 - You may be requested to be off your antacid medications (Nexium, Prevacid, Protonix, Omeprazole, etc) several days prior to the procedure. Please consult with your physician regarding antacids prior to procedure

DAY OF PROCEDURE

You will be given a diary to write down the times when you are having reflux symptoms (for example, coughing, heartburn, regurgitation), when eating or when lying down. We encourage patients to eat food and drink beverages that will illicit their reflux symptoms (caffeinated beverages, tomato based products, spicy foods) to help increase the frequency of symptoms and yield of results.



After 24 hours, you will need to return to the office to have the catheter removed and to return the diary. The test data is uploaded to a computer and analyzed by your physician to diagnose your condition.

If you have questions please call **The Jay Monahan Center at 212-746-4014**