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Anglesea Hospital

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Booked:

Date: _____

Time: _____

Place: _____

My Medications:

Medicine: _____ Stopping: _____

Medicine: _____ Stopping: _____

Medicine: _____ Stopping: _____

Symptoms:

1: _____

2: _____

3: _____

Probe removal:

Date: _____

Time: _____

Place: _____

Things to Bring:

It is often useful to bring the following:

Drink Bottle

Snack for after probe placement

Favourite distraction / comforter / tablet device

Oesophageal pH / pH-Impedance Monitoring

This is an investigation which is designed to assess for Gastro-Oesophageal Reflux – that is movement of food, fluids (including stomach acid) and gas both being swallowed and coming back up from the stomach.

Both types of study involve placing a fine tube via the nose into the lower oesophagus. Tapes will usually be used to fix the tube to your nose. This probe is attached to a small portable computer for >24hrs.

pH only studies

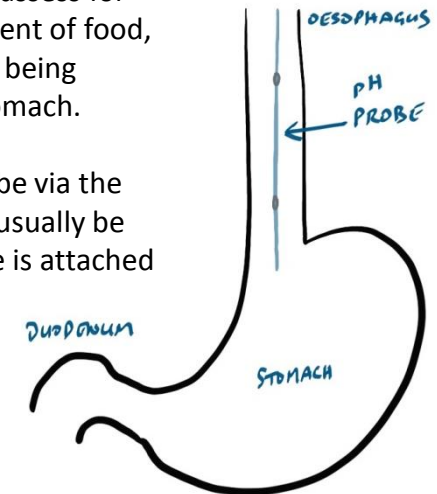
The probe has pH sensors (usually 2) which let us see when acidic fluid moves up or down the Oesophagus.

pH studies with Impedance

The probe has 1 pH sensor to detect acid and 6 impedance sensors that provide information on the movement of liquids and gas up and down the length of the oesophagus.

A x-ray will usually be arranged to confirm correct probe positioning. This can be undertaken at Hamilton Radiology (Gate 2, 11 Thackeray Street, Hamilton, 0800 426 723) and this will be billed directly by the provider.

You will be seen again after this x-ray to confirm or amend the probe position and to commence the study.



During the study

You are encouraged to continue with most of your usual activities and diet. Please don't drink your drinks either very hot or very cold.

When the probe is in place it is very visible and you may choose to restrict your social activities for your own privacy.

Prior to the study

Please stop medications only as instructed. Please do not take food or drink for 2 hours prior to your appointment for probe placement.

Working the monitor

You will be asked to activate / work some buttons on the computer.

1. Eating and Drinking



Press the cutlery when you begin a meal or drink & write in the diary

Press this again when you finish a meal or drink & write in the diary

2. Body Position



When you lie down; Press the bed button & write in the diary

When you sit, stand or walk; Press the bed button & write in the diary

3. Symptom buttons



Please press this button when the main agreed symptom occurs – often this is heartburn/abdominal pain.



As other symptoms occur, please record the time by pressing the diary button and writing the details in the symptom diary.

4. Medications



Press this button when a medication is given and record the details in your diary.

The monitor device is a computer. **Please take great care of it.**

Please **NO Showers, NO Baths, NO Swims, NO Rough play**

Younger children often find it easiest to place it in a small back-pack and we will provide this if required.

Should the probe dislodge or fall out, please wrap it in a tissue in a plastic bag and contact the surgeon using the details on the front of this leaflet.

There is a small chance of battery failure, however even if the screen goes dark and will not light up, the device will probably still be recording – please continue to use it. Do not try to change the batteries.

Once we have received the device back from you the data will be analysed and a report will be produced based on the diary information as-well as the data on the monitor. This report will be sent to you, your General Practitioner and the referring doctor as appropriate.

Medications

Any medication which you are taking for reflux should usually be stopped in preparation for the study, occasionally we will ask you to carry on your medications. Please discuss this at the time of booking.

Generally we ask for the following with-holding periods.

Omeprazole / Lansoprazole etc. – 7 days prior

Ranitidine – 5 days prior

Gaviscon / Mylanta – can be taken up to 2 hrs before the study

