

UniversityGastroenterology

MEDICINE AT ITS BEST

HILL MEDICAL BUILDING • 1000 EAST GENESEE STREET • SYRACUSE, NY 13210

Information for You from Your Health Care Team

Patient Instructions for 24 hour pH Monitor

Your 24 hour pH Monitor is scheduled for: _____ .
(Date and Time)

Please sign in at Patient Registration at Upstate Medical University Hospital in the main lobby at: _____ .

Preparation:

1. Do not eat or drink after Midnight the night prior to the test.
2. Medications:
 - No Zantac, Tagamet, or Pepcid for 48 hours before the test.
 - No Prilosec, Prevacid, Protonix, Aciphex, or Nexium 7days prior to test.
 - No Antacids 24 hours before the test.
 - Continue “stomach “ medications as prescribed.
3. Do not wear clothing that pulls off over your head.

Description of Test

A pH monitor is used to evaluate the presence or absence of esophageal reflux. A thin tube is passed through your nose into the esophagus and taped in place once it has been properly positioned. The tube is approximately the diameter of spaghetti and is attached to a small, portable computer about the size of a radio, which records the pH of your esophagus every 6 seconds and will provide a printout and graph for your physician to evaluate.

- You will not receive any medication during your test. You will be fully alert during and after the test.
- The day of the test, you will be asked to sign an informed consent and provide information of any allergies.
- The tube once inserted will be taped in place and you may walk around, eat etc.
- You will be given a diary to record when and what you have eaten, the time and what activities you are doing, and any discomfort that may occur.
- You will return the following morning to have the tube removed and the diary collected.

Any questions, please call University Gastroenterology at (315) 464-5728.

**If you need to change or cancel your appointment,
please call (315) 464-1600 or (315) 464-1616.**