



# TROY GASTROENTEROLOGY PC

CENTER FOR DIGESTIVE HEALTH

www.troygastro.com

## 24 HOUR pH PROBE (Preparation)

### ARRIVAL INSTRUCTIONS

You should report to the **West Entrance** of William Beaumont Hospital in Troy, and sign in at the Endoscopy Department. You do NOT need a companion, there is no sedation involved with this test.

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE, PLEASE CALL (248)844-9710.

### OVERVIEW

The purpose of the test is to monitor the amount of acid that refluxes into the esophagus over a 24-hour period. The test is performed for patients with heartburn, hoarseness, chronic cough, atypical chest pain, and adult onset of asthma.

### PREPARATION

The following items are required to complete the procedure:

1. Wear a shirt or blouse that buttons at the front.
2. You should have nothing to eat or drink after midnight, the night prior to the procedure.
3. If requested by the physician, you should not take any esophageal reflux medications for 24 hours prior to the procedure.

### PROCEDURE DESCRIPTION

You will be sitting upright for the procedure. One nostril is numbed using a lubricant and a very small probe is inserted. It will feel as if you have a stuffy nose. You will be able to breathe through the other nostril or mouth for the duration of the procedure.

The monitor and harness are then attached. The monitor is very lightweight, about the size of a small portable phone, and will hang from your shoulder.

**You will be given instructions on the use of the monitor. You will also be asked to keep a diary of any symptoms that occur during testing, meal times, and periods of time while lying down.**

The following day you will return to the Endoscopy Department for the probe to be removed. The results of the test are analyzed by Dr. Bologna, who will make any necessary recommendations to the referring physician. Your referring physician will continue to manage your care.