

PATIENT INFO PH MONITOR & IMPEDANCE

DATES	Patient Name _____	DOB: _____
	Procedure Insertion Date: _____	<div></div>
	Catheter Removal appointment: _____	
	Review appointment with Doctor: _____	
FINANCIAL	Procedure Fee (\$75* non-refundable booking fee to secure the procedure) Once a deposit has been placed – patient is aware and agrees to the cancellation & rescheduling policy: Cancellation / Rescheduling Policy: Do not book your appointment unless you are certain you are available. A non-refundable deposit of \$75 is required to secure your booking and will be forfeited if you cancel or reschedule other than in extreme circumstances. Cancelling appointments can put your health at risk, waste our time and preparation for your procedure as well as impact other patients. Rescheduling appointments will only be considered if the reason is beyond your reasonable control, ie: natural disaster, medical emergency for you or an immediate person in your care.	
DIET, FASTING, PREPARATION & MEDICATION	You are required to fast 4 hours prior to the procedure. <p style="text-align: center;">No water allowed</p> Please read and fill out your consent form. Return your consent form on the day of your procedure.	
	Important Steps for Patient to follow during the procedure: <ul style="list-style-type: none"> No Gum or hard candy allowed during the test You cannot have a shower or bath during the 24 hours that the monitor is attached. The monitor or probe cannot get wet You will need to fill in the PH Diary Sheet during the procedure. <ul style="list-style-type: none"> We need to capture as many of your symptoms during the study as possible so please fill out the diary thoroughly You are allowed to eat and drink anything your wish besides gum or hard candy after the catheter has been inserted. MEDICATIONS: Please tell the doctor about your medication or your allergies. Continue your regular medications prior to the procedure with a sip of water unless the below: <ul style="list-style-type: none"> Diabetic medications – to continue as is Aspirin/Plavix – to continue Warfarin – to continue Anti-acid medications – as advised by doctor 	

What is a Oesophageal Impedance (pH Study)

An ambulatory Oesophageal 24 hr pH study is an outpatient test that measures the amount of acid or non-acid reflux of the stomach contents into the oesophagus. The sensors placed in the oesophagus measure acid concentration which corresponds to acidic reflux and impedance which corresponds to non-acid reflux. You will wear the data recorder during the test and record symptomatic episodes. Symptoms will be analysed for any correlation to episodes of reflux and can be used to determine whether you have gastro-oesophageal reflux disease.

What happens during the Oesophageal Impedance (pH Study)

A numbing spray will be placed in your nostril before the procedure. Our nurse will then gently insert a thin flexible tube into the nostril and advance the tube into the Oesophagus. Measurement of the pH in your oesophagus will be made in order to map out the exact location to place the impedance pH probe. The tube will be discretely secured to your nostril and connected to a data recorder that you will carry on a strap. You will wear this overnight. You may have some nasal irritation during or after the procedure. The procedure itself usually takes around 30 minutes. You should plan to be at our clinic for approximately 1 hour. This will include preparation and the procedure.

PATIENT INFO PH MONITOR & IMPEDANCE**What happens after the Oesophageal Impedance – pH Study?**

You will be able to drive home after the procedure.

DO NOT:

- **SHOWER OR BATH (THE MONITOR MUST NOT GET WET)**
- **EAT GUM OR HARD CANDY DURING THE TEST.**

Whenever you eat, you must record:

- When and what you have eaten.
- When you have finished eating

Please be careful not to disconnect the recording wire from the recorder as this will prematurely terminate the study with incomplete results.

You are to continue your normal activity as much as possible. Work, exercise and eat. Try to do an activity or eat foods that will reproduce your symptoms. Unless it is your normal habit to nap or recline during the day, we ask you not to do so on the day of your test. At night, try not to sleep in a reclining position. Sleep as flat as possible. It does not matter if you sleep on your side or back.

Please remember to record your symptoms as you experience them by pressing the appropriate system button on the monitor. The diary button may be used to record more than one symptom. You will need to write the symptoms for this key on your diary page.

Please keep the monitor on your body at all times except at night. You can take it off and put it under your pillow. Remember to record your body position by using the upright button when you are upright and the down button when you are lying down.

Return to our clinic the following day, where we will carefully remove the oesophageal probe and collect the data recorder. Removal is quick and painless and should take no more than 10 minutes. The information will be analysed and reviewed by your gastroenterologist. You will need to make an appointment to see him/her in 1-2 weeks for results.

For all enquiries: Call our rooms on 03 9044 4200.