

Your 24 hour pH(acid) test

What is it?

pH monitoring is a test to measure how much gastric acid is washed back into your oesophagus (gullet) over a 24 hour period.

How to prepare yourself

You **must stop** any of the following medicines at least seven days before the test.

- Cimetidine (Tagamet)
- Ranitidine (Zantac)
- Nizatidine (Axid)
- Famotidine (Pepcid)
- Rabeprazole (Pariet)
- Omeprazole (Losec)
- Lansoprazole (Zoton)
- Pantoprazole (Protium)
- Esomeprazole (Nexium)

But you may take simple antacids such as Gaviscon or Rennies until the day before the test.

- Please bring your reading glasses and a pen.
- Wear loose, comfortable clothing.
- Please do not eat anything for six hours or drink anything for two hours before your test.

The test

The Doctor/Nurse Practitioner will numb the inside of your nose with anaesthetic gel before passing a very thin catheter(tube) into your oesophagus. You will be given sips of water to help you swallow the catheter and it will not affect your breathing.

Once the catheter is in position, it will be taped to your nose and cheek. The catheter is connected to a small recording device called a Digitrapper that is worn around the waist by a strap or belt.

You may eat and drink normally throughout the recording and will be asked to record your food details, sleep times and symptoms on a written diary. You must not get the digitrapper wet (no showering) or remove the catheter from the digitrapper as it will terminate the study. The digitrapper will have these sets of symbols.

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End Meal
Marker



Upright Position
Marker



Start Meal
Marker



Supine Position
Marker

After the test

24 hours later, on return to the clinic, the catheter is removed quickly and easily and there is no need to starve beforehand.

Results

After analysis, your G.P. and Consultant will usually receive a copy of the final report within one - two weeks.

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Reference no. 304.2

Revised Date: November 2018 Review Date: November 2020

