

## PLEASE READ

*IF APPOINTMENT IS NOT CONFIRMED WITH NURSE 2 WEEKS BEFORE,  
IT WILL BE CANCELLED*

### ***Pre-appointment Information: 24-hr Esophageal pH Monitoring***

You are scheduled for 24-hour Esophageal pH Monitoring at the UCSF Medical Center for the Study of Gastrointestinal Motility and Secretion. The 24-hour esophageal pH Monitoring often follows the esophageal manometry test (unless we have performed a recent upper endoscopy) during which we determine the location that the pH monitor is to be placed in the esophagus. The pH monitor will measure acidity over a 24-hour period to assess the presence of gastroesophageal reflux. We will administer a local anesthetic that will numb your nose and throat, however, you will not be sedated and will not require special transportation to and from UCSF.

*Please plan to return to our office the following day between 9:30 AM and 2:30 PM (the exact time will be given to you during your appointment).* Further details will be provided and any questions and/or concerns you may have will be addressed prior to the start of the procedure.

#### PREPARATIONS AND INSTRUCTIONS:

- 1) Do not eat or drink anything 6 hours prior to your appointment. You will be given some water during this procedure for probe placement.*
- 2) Please refrain from applying any makeup or lotion to your face (eye makeup okay) on the day of your appointment.
- 3) Please bring with you the results of any upper gastrointestinal diagnostic studies you may have undergone, e.g. endoscopy, and barium esophagram.
- 4) Men, if possible, trim facial hair to allow for pH probe adhesive to adhere to cheek.

Certain medications affect the production and/or suppression of acid in the stomach and esophagus, and may need to be discontinued prior to the procedure. *If these medications are not stopped the procedure will have to be rescheduled unless you have been told otherwise by your referring physician.*

IMPORTANT: Please review the following medication list and check with your physician to make sure it is safe for you to discontinue their use as stated below:

#### ***STOP TAKING 7 DAYS PRIOR TO YOUR APPOINTMENT (\*\*unless instructed otherwise by your referring physician):***

Proton pump inhibitors, some examples listed but not limited to the following:

Esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), rabeprazole (Aciphex), dexlansoprazole (Dexilant)

#### ***STOP TAKING 3 DAYS PRIOR TO YOUR APPOINTMENT:***

H2 Blocking agents, some examples listed but not limited to the following:

Ranitidine (Zantac), famotidine (Pepcid), cimetidine (Tagamet), nizatidine (Axid)

#### ***STOP TAKING 1 DAY PRIOR TO YOUR APPOINTMENT:***

Antacids, some examples listed but not limited to the following:

Gaviscon, Maalox, Mylanta, Tums, and Roloids.