

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.