

PATIENT INFORMATION ON OESOPHAGEAL PH MONITORING (CATHETER BASED)





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Oesophageal pH monitoring is a test used to evaluate gastro-oesophageal reflux disease (GERD) and to assess the effectiveness of medications that reduce acid reflux. The test measures the amount of acid that flows back from the stomach into the oesophagus (food pipe).

This test may be recommended in several situations to evaluate gastro-oesophageal reflux disease (GERD), including

- To investigate typical symptoms of acid reflux, such as heartburn and regurgitation, that do not respond to medication. In these cases, the test helps determine whether your symptoms are caused by acid reflux or whether your current medication is effectively suppressing acid production
- To investigate less typical symptoms that may be related to acid reflux, including chest pain, chronic cough, wheezing, hoarseness, and sore throat, where it is unclear whether acid reflux is the underlying cause
- To assess how effectively reflux medications are controlling acid reflux
- As part of the assessment before anti-reflux surgery

HOW DO I PREPARE FOR THE TEST?

- If you are taking blood-thinning medication, please let us know before scheduling your procedure. Your doctor will advise whether these medications should be stopped a few days before the test
- Do not eat or drink after midnight on the night before your procedure
- If you have diabetes, speak to your doctor about how to manage your medication while fasting
- Unless your doctor advises otherwise, stop all medications used to treat acid reflux or those known to affect stomach function before the test. In some cases, your doctor may ask you to continue taking these medications to assess how well they control acid reflux and your symptoms

If you have been advised to stop your medication, please follow the guidance below.

STOP ONE WEEK BEFORE THE TEST

- Prilosec (omeprazole)
- Prevacid (lansoprazole)
- Nexium (esomeprazole)
- Aciphex (rabeprazole)
- Protonix (pantoprazole)
- Dexilant (dexlansoprazole)

STOP 72 HOURS BEFORE THE TEST

- Zantac (ranitidine)
- Pepcid (famotidine)
- Axid (nizatidine)
- Tagamet (cimetidine)
- Dexilant (dexlansoprazole)

STOP 24 HOURS BEFORE THE TEST

- Maalox
- Mylanta
- Tums
- Roloids
- Amphogel
- Gaviscon

Please note that your procedure may be cancelled if you do not follow these instructions carefully.

If you have any questions about other medications, please speak to your doctor.

THE PROCEDURE

To ensure the pH monitoring probe is positioned correctly, you may first need to undergo a short test called oesophageal manometry. Please refer to the separate patient information leaflet for further details.

Before the procedure, your nose will be numbed using a local anaesthetic. A very thin, flexible plastic catheter, approximately the width of a piece of wire, is gently passed through one nostril, down the back of your throat, and into your oesophagus and stomach.

The tip of the catheter contains a sensor that detects acid. It is positioned just above the lower oesophageal sphincter, a specialised ring of muscle located where the oesophagus joins the stomach that helps prevent stomach acid from flowing back into the oesophagus.

In some cases, the catheter may contain additional pH sensors to measure acid levels within the stomach or upper oesophagus. These additional sensors do not increase the size of the catheter.

Placement of the catheter usually takes around 10 minutes and does not require sedation.

Once the catheter has been positioned, the other end remains outside your nose and is connected to a small battery-operated recorder worn on a shoulder strap or belt. You will return home with both the catheter and recorder in place.

During the 24-hour monitoring period, you should continue your normal daily activities, including eating, sleeping, and working where possible. You will be asked to keep a diary recording your meals, periods of sleep, and any symptoms you experience. You will also use the buttons on the recorder to mark these events. This information helps your doctor interpret the test results accurately.

AFTER THE TEST

You will return the following morning to have the catheter removed. The recorder will then be connected to a computer so that the recorded information can be downloaded and analysed.

ARE THERE ANY SIDE EFFECTS?

Oesophageal pH monitoring is associated with very few side effects. Some patients experience mild discomfort at the back of the throat while the catheter is in place. Most people can eat, sleep, and carry out their normal daily activities without difficulty. Some patients prefer not to attend work while the catheter is in place because it is visible outside the nose.



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