

pH Impedance Patient Instruction Sheet

The pH Impedance test measures the length of time it takes for your child's stomach contents (acidic or non-acidic) to come back up into their esophagus (food pipe). A small catheter (tube) with special sensors is put through the nose and into the esophagus and your child will have to carry a wearable recorder. The catheter measures how high the contents come up in the back of the throat over a 24-hour period. It can also tell if the stomach contents are acidic or non-acidic. The placement of the tube takes approximately 1 hour and is performed while your child is awake. Your child may be able to go home right away or may be admitted to the hospital for 1 day to complete the test.

Please review the following preparation instructions one week prior to your child's procedure.

Preparation

Your child cannot have anything to eat or drink for 4 hours before the test.

Your doctor will review which medications to take and those to **stop taking before and during** the pH Impedance test.

- Keep Taking:
- Stop Taking:

During The Test

The nurse will pass a small flexible catheter (about the size of a spaghetti noodle) through your child's nose and into the esophagus. Your child may experience some discomfort in their nose and throat. Your child may also feel a tugging sensation in the back of their throat. These symptoms should get better as the test goes on. A chest X-ray is done to see if the probe is in the correct position. After the chest X-ray is completed, you will need to return to clinic to see if the catheter needs to be adjusted and to have it properly secured. The catheter is then connected to a recording device that will measure and record when food or stomach contents are in the esophagus. Your child will need to leave the catheter in place and stay connected to the recorder for 24 hours. If the pH Impedance tube comes out part way or completely during the test, do not worry. If you are in the hospital, inform your nurse. If you are at home, call (858) 966.1700, select 0 for the operator and ask them to page the Gastroenterologist (GI Doctor) on call.

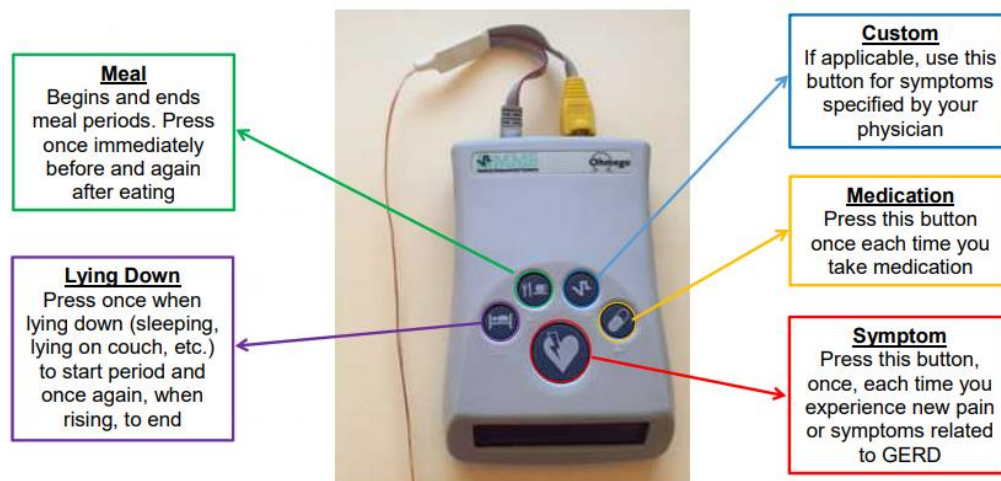
Eating During The Test

Your child may eat and drink normally during the test. Meals are preferably spaced out at 2–3-hour intervals. The length of meals should be approximately 30 to 45 minutes. You must record the times your child eats or drinks during the test in the diary log. **Carbonated beverages are not permitted during the test. Avoid high acid juices such as orange juice or apple juice. Avoid hard candies, mints and chewing gum.**


Activity During The Test

The recorder must be kept dry; therefore, your child is not allowed to swim, shower or bathe during the test. Activities that might cause the tube to fall out should also be avoided. Any other activity is allowed. Do not open the battery compartment unless prompted to replace the battery. You will need to record when your child lies down to fall asleep and when your child wakes up on the diary log. Use the even keys (buttons) on the recorder as instructed.

OPERATION



MEALS

	<ul style="list-style-type: none"> • Press once when meal begins AND again when meal ends • Write stop & start times of all meals, drinks and snacks on Diary Sheet • If you forget to press the button either time, estimate the start and/or stop time and write it on the diary sheet
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After The Test

The pH Impedance catheter will be removed 24 hours after placement. The nurse will instruct you where and when to go for removal.

Questions or concerns? Call the GI Nurse Line (858.966.4003 option 3) from 8 am to 4:30 pm Monday-Friday or the On Call Gastroenterologist (858.966.1700 option 0 to have the Doctor paged)