

## 48-hour ambulatory pH testing

Your doctor has requested that you complete a 48 hour ambulatory pH testing. This is part of the diagnostic process for determining the extent to which your stomach acids splash back into your esophagus. The phenomenon, called acid reflux, can cause a wide variety of symptoms, including: heartburn, chest pain, abdominal pain, hoarseness, coughing or asthma attacks.

The procedure involves placing a miniature pH capsule, approximately the size of a gel cap, to the side of your esophagus during an endoscopy (EGD.) For the next 48 hours, you will carry a small recording device which can be clipped to a waistband or belt. You will be asked to keep a detailed diary of your normal daily activities, your meals symptoms. Please be as accurate as possible in keeping the diary; the information you write down forms the entire basis for making an accurate diagnosis. A poorly documented diary can lead to an inaccurate study. You will return the recording device and your diary after 48 hours either by mail or in person to the clinic. The doctor will then retrieve the data from the recording device to determine how often stomach acid gets into your esophagus and how that relates to your daily activities and symptoms.

## Important medication instructions

You must not have anything to eat or drink for at least **6 hours** before the test begins.

You must stop antacid medication such as Prilosec (Omeprazole), Prevacid (Lansoprazole), Aciphex (Raberprazole), Prontonix (Pantoprazole), Nexium (Esomeprazole) or Dexilant for **7 days** before the test.

You must stop all antacid medications such as Zantac, Tagamet, Axid, Carafate or Pacid for **3 days** before the test.

Medications such as Propulsid or Reglan to be stopped **3 days** before the test.

You may take liquid antacids such as Maalox or Mylanta up until midnight before the test.

You must not take any of the above medications during the 48 hours that the Bravo capsule is recording.

Avoid continuous drinking of citrus and fruit beverages; as well as, soft drinks, coffee and tea during the test, since these will affect the data. You may drink these beverages as part of your meals and snacks, but they must be recorded in your diary.

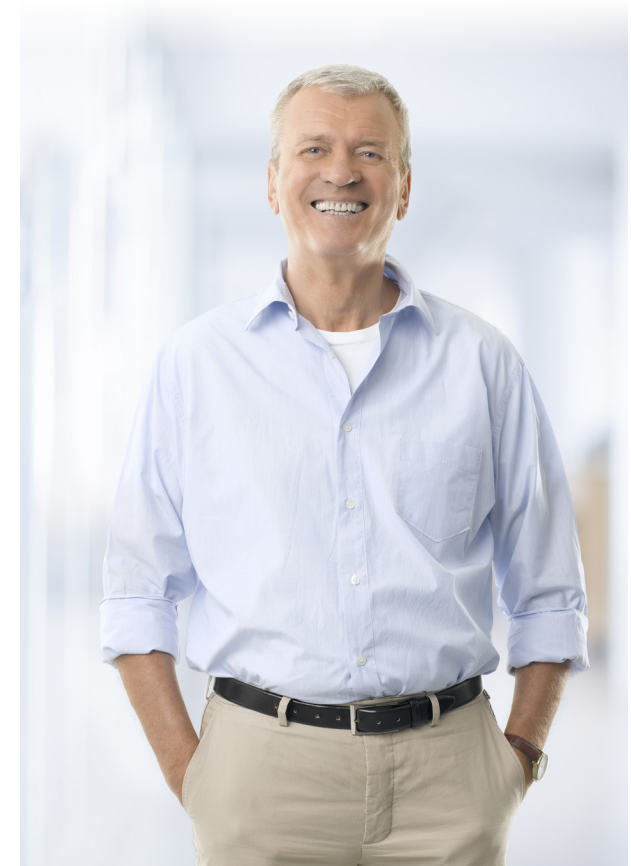
When marking the time for each event you put in your diary, please use the time indicated on the digital screen of the recording device. **Be sure to record starting and ending time for all activities, especially for eating or sleeping.** You will receive detailed instructions on use of the recorder following capsule placement.

## After the test

You may resume your acid reflux medications after the testing period is complete.

The disposable pH capsule will dislodge from your esophagus and pass with a normal bowel movement, usually within a few days after the test.

Because the capsule contains a very small magnet, it is recommended that you avoid having an MRI within 30 days of the pH test.



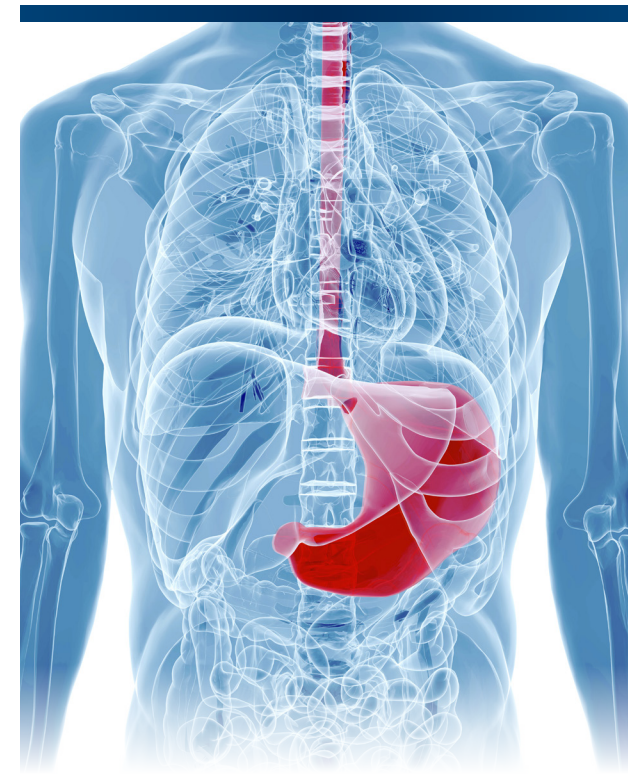
## Questions or problems during the test

If you have any questions during the test, please call:



Cuyuna Regional Medical Center during clinic hours (8:00 a.m. – 5:00 p.m.)  
218-546-2505 or 800-450-8375 ext. 2505

After clinic hours, call 218-546-2322 and ask to have them page the surgeon on-call. You should receive a call back as soon as possible.



## Bravo® pH Monitoring

Identify the presence of acid reflux



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844-200-BURN (2876) 218-545-2876

[www.mnheartburn.org](http://www.mnheartburn.org)



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