

Ambulatory 24-hour pH Monitoring

Your appointment is on:

(date) _____ (time) _____

Return appointment:

(date) _____ (time) _____

What is the test? Your physician has ordered a test called a called 24-hour pH monitoring. This test will enable your physician to obtain information about the acidity of your esophagus and your symptoms associated with it.

How should I get ready?

- **Do not** eat or drink anything for four hours prior to the test.
- **Do not** have peanut butter or fruit juice during the test.
- Make sure you wear a blouse/shirt that buttons down when you report to take the test.

What else should I know?

If you can not keep your appointment, please call at least 24 hours in advance. Call (312) 942-5861 to cancel or reschedule.

- You will not be able to shower until the probe is removed (the following day)
- Check with your primary care physician to see if you need to stop any of your current medications prior to beginning the test.

On the day of the test.

- Please come to Rush Professional Building, 1725 W. Harrison St, Elevator I, Suite 207 for the procedure.
- You will need to provide an insurance card, picture ID and referral, if needed.
- Bring a list of your medication and your ordering physician's name, address and telephone number.

The exam

The procedure takes approximately 20 minutes. During the procedure, a small tube is placed down your nose and into your esophagus. It will be taped to your nose and will remain there for 24 hours. During this time, you should continue your usual daily activities.

1. You will need to use the pH monitor machine.

The pH monitor machine will be given to you to take for the 24-hour pH testing period. During this 24-hour period, you will need to push buttons that relate to your activity and symptoms. These will be explained to you when you come in for the procedure.

2. You will need to record your food/drinks on the food diary sheet

You will be given a food diary sheet to log all the food you eat and drink for the 24-hour testing period.

You will need to return the next day at the same time to return the pH monitor machine and have the tube removed.

Test results

It may take approximately two weeks for your physician to receive the results.

Questions?

If you have any questions, please do not hesitate to call us at 312-942-5861.