

pH & Esophageal Study

A 24 hour pH study and the esophageal manometry study are tests performed by a specially trained registered nurse (RN). Like other parts of your body, the esophagus may be affected by many conditions and disorders. These tests help the doctor better understand your current condition.

24 HOUR PH STUDY

The esophagus is a muscular tube that carries food and liquid from the mouth to the stomach. Reflux disease is a condition where stomach contents “back-up” into the esophagus. Reflux may damage the lining of the esophagus and cause symptoms such as heartburn, regurgitation, chest pain, difficulty swallowing, hoarseness, and cough. The 24 hour pH study is a test to measure the amount of reflux into the esophagus.

During the test, a small flexible probe is inserted through the nose into the esophagus. You may feel pressure in your nose. You may feel throat irritation or gag as the probe is inserted. This will stop once the probe is in place. The probe will be taped at your nose and attached to a recording device (logger). The probe will not interfere with your breathing, swallowing or eating. The probe will be in place for 24 hours to record your symptoms. After removal, your test results will be reviewed. Results will be discussed at a later date.

ESOPHAGEAL MANOMETRY STUDY

The esophagus is a tube that carries food and liquid from the mouth to the stomach by muscular contractions. The esophageal manometry study helps identify why you may have problems swallowing, chest pain or regurgitation. The study is also performed before certain medical procedures for anti-reflux surgery or bariatric surgery.

During the procedure, a small flexible probe is inserted through the nose and into the esophagus. You may feel pressure in your nose. You may feel throat irritation or gag as the probe is inserted. This will stop once the probe is in place. The probe is attached to a computer that records and measures

pressures in your esophagus. The probe also checks how the sphincter (the valve at the end of esophagus, opening into your stomach) functions. You will be asked to swallow water at times during the study and asked not to swallow at other times. In most cases this test is easily tolerated. It will not interfere with breathing or swallowing. The physician will review your test results and discuss them with you at a later date.

- These procedures do not require sedation. Therefore, you will not need a driver.
- You can anticipate your appointment lasting 60 - 90 minutes.

TWO DAYS BEFORE PROCEDURE

Medications:

- Stop taking muscle relaxants (Flexeril®, Robaxin®, Valium®) until after the test.
- Stop taking Reglan® until after the test.

DAY OF PROCEDURE

Medications:

- You may take all of your morning medications (except muscle relaxants or Reglan®) with water 4 hours before your scheduled report time. This includes your blood pressure pills.

Food:

- Stop solid foods and all liquids 4 hours before your scheduled report time.
- If you have achalasia, or if your doctor is testing to see if you have it, you should not have solid food after midnight.

