

## Prolonged impedance pH monitoring of the esophagus and gastric cardia

The purpose of the examination is to investigate if your stomach contents are leaking into the esophagus, and related symptoms.

The examination consists of two visits on separate days.

On the first visit, it will take about an hour to set up the device. Removing the device on the following day will take about 10 minutes.

### Preparation for examination

Before the study, you must be:

- **4 hours** without eating and drinking (a glass of water is allowed)
- **36 hours** without alcohol

If you have diabetes and your attending physician has given you different instructions, follow those instructions.

### Medication:

- 7 days without proton pump inhibitors
- \_\_\_\_ days without H2 blockers

### Or:

- You may take your medication as usual

Bring your prescriptions or a list of your medications with you to the test.

### Examination

A thin and pliable catheter will be inserted into the esophagus through a nostril. The catheter will be connected to a portable recording device.

During the monitoring, you will need to keep a diary where you record your meals, symptoms and when you lie down. Follow your normal daily routine during the monitoring. You must keep the device dry.

Avoid lying down during the day.

While you wear the monitor, you are allowed to eat at intervals of 3 to 4 hours. If you drink coffee or tea, do so with a meal. Avoid acidic foods and drinks. Apart from the cosmetic nuisance, the catheter may cause some irritation in the nose and throat and hinder eating.

### Other things to note

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

You will not be charged for the examination separately. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

