



Esophageal Impedance pH Monitoring

What is an esophageal impedance pH monitoring test?

Esophageal impedance pH is a test that monitors acid and non-acid reflux episodes in the esophagus during a 24-hr period. **Reflux** is the backward flow of liquid from the stomach into the esophagus.

If you take any of the following medications speak to the doctor who ordered your test about whether to stop taking them: PPIs, histamine2 receptor antagonists, or antacids. Do not stop taking any medication unless told to do so by your doctor.

What can I expect during the test?

1. A small flexible tube (catheter) is gently inserted through your nostril and passed into your esophagus. Information is transmitted from the catheter to a recording device worn on a belt around your waist. This recording device saves all the data gathered during the test.
2. You will be asked to keep a diary of your symptoms and activity over the next 24 hours.
3. The next day, you will return long enough to have the tube and recorder removed. The information from the recording device will be compared with your diary notes.

How do I prepare for an Esophageal Impedance pH Monitoring test?

Follow the instructions for the days before the procedure below if your doctor has requested for you stop your acid reducing medications: (Proton-pump Inhibitor (PPI); Histamine2 (H2 Blockers), or Antacids).

*Do not stop any medication before speaking with your doctor.

7 days before test (ask your provider first):

Stop all PPI (Proton-Pump Inhibitor) Medication: Nexium, Prevacid, Prilosec, Protonix, Aciphex, and Dexilant.

3 days before test (ask your provider first):

Stop all H2 Blocker Medication: Tagamet, Pepcid, Axid, and Zantac.

1 day before test (ask your provider first):

Stop any Antacid Medication: Tums

Day before procedure:

- You may eat a normal breakfast, lunch, and dinner.
- Nothing by mouth after 12:00 midnight (except critical medications can be taken with a sip of water – for example; blood pressure or heart medications). This includes not smoking after midnight.

Day of procedure:

- If you take oral diabetes medications (pills): Do not take the medication the morning of your test. Bring your diabetes medication with you.
- If you take insulin (1 or 2 injections per day): Take one-half (1/2) of your usual morning dose of NPH, Lente or Novolin 70/30 or Lantus insulin and **no Regular or Humalog insulin the morning of your test.**
- If you take Ultralente insulin or are on 3 or more injections per day, please contact the health care provider who manages your diabetes
- If you normally take other medications in the morning, you may take those with sips of water.

During the test:

Avoid strenuous physical activity.

The recorder must be worn at all times for accurate results.

If you are unable to keep your appointment, please call the Medical Procedures Unit:

- (734) 936-9250
- or toll-free at (877) 758-2626

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