



24 pH Probe

Ambulatory 24-hour pH probe monitoring is a method for recording the amount and severity of acidic stomach contents backing up into the esophagus. It is the most effective method for diagnosing Gastroesophageal Reflux Disease (GERD) and is considered the standard for evaluation.

To properly prepare for the pH probe, do not eat or drink anything 4 to 6 hours prior to the test and discuss with your physician all medications you are currently taking. He or she will tell you which you should or should not take before the test.

The actual test involves placing a small probe or catheter in the nose and down through the esophagus. To make the test more comfortable, the probe will be lubricated. It takes just a few seconds to place the probe. The probe is connected to a small recording device. This device is able to record the pH or acid levels in your esophagus over a 24-hour period. Once you are connected to the monitor, you can go home and resume eating and normal daily activities, however showering, swimming and any other activities involving water are not allowed for the entire testing period, as the equipment cannot get wet.

Status switches/buttons and the symptom button on the recording device allow you to record your meal-time, sleep periods and symptoms, such as heartburn. Once the test is completed, your doctor can correlate these events and activities with acid levels in your esophagus and make medical treatment recommendations.

Any questions regarding this or any other Endoscopic procedure should be directed to your physician.