



THE ST GEORGE HOSPITAL  
Gastroenterology Department  
Motility Laboratory

Prof Ian Cook

PATIENT INFORMATION LEAFLET  
FOR

**AMBULATORY  
OESOPHAGEAL  
pH STUDY**

Your Appointment is  
At: St George Public Hospital, Level 1 Burt  
Nielsen Wing Kogarah 2217

On:

Please contact the Department if you cannot  
attend your appointment  
Shilla Evans  
Telephone: 9113 3111

Level 1, Burt Wing

(Above Radiology, next to Pre-Admissions)  
If entering from Main Entrance follow signs  
to Radiology take lift to Level 1 to Pre Admissions  
Gastroenterology Dept

If entering from Belgrave Street you need to come  
through the car park walk towards the undercover  
area and turn right at the end turn left automatic  
glass doors straight ahead of you will be Radiology  
take lift to 1<sup>st</sup> floor

**Oesophageal pH Study**

**Q. What is a pH study?**

This study measures the acid levels within the oesophagus (gullet).

**Q. Why do we do it?**

Normally there is little or no acid in the oesophagus, but if you have reflux (heartburn), then acid from your stomach “refluxes” frequently into the oesophagus. This study will record acid reflux throughout the day and night and lets your doctor know how often it occurs and whether it is causing your symptoms.

**Q. What does the study involve?**

Local anaesthetic spray will be applied inside one nostril. No form of sedation is required for this test. A small flexible tube (catheter) will be then be placed through your nose and into the oesophagus (gullet). Once the tube is in place you will be asked to lie down. The tube is then connected to the measuring equipment. Finally, we ask you to perform a series of “coached” water swallows which are recorded on the computer. The tube will then be removed and you will be able to persist to 24 hour pH monitoring. Then a very fine plastic tube (catheter) is passed through your nose and into the oesophagus (gullet). It is held in place by a piece of tape applied to your nose. Once secured, the catheter is attached to a small recording device, about the size of a “walkman”, which you wear either on your belt or in a small carry case over your shoulder.

**Q. How long will the study take?**

The study will take 40 minutes. The tube must be kept in place for 24 hours. Come in at the same time on the following day to have the tube removed.

**Q. Can I drive home after this test?**

Yes (no drugs or sedation are given).

**Oesophageal pH Study**

**Q. Will I be able to continue with my normal daily activities?**

It is important that during the study you continue with your usual routine. Some minor restrictions will be imposed on you:

- ❖ You are not to get the equipment wet. (No showering).
- ❖ You will remain off your acid suppressing medication, **unless otherwise directed (see below\*)**.
- ❖ Avoid drinking any Tea, Coffee, Fruit Juice or Alcohol while the tube is in place.

**Q. How do I prepare for the study?**

It is most important that you remember to do the following:-

**1. STOP any acid reducing/suppressing medication for one week prior to the test, unless otherwise directed (see below\*).**

**These medications include:**

Nexium, Pariet and Losec, Zoton, Zantac, Pepcidine, Tazac, Somac, Mylanta and any other antacids. If you are unsure about any of the drugs you are taking, ask your doctor if they might interfere with this test.

2. **DO NOT** eat or drink anything **4 hours** prior to your scheduled appointment.
3. **SPECIAL INSTRUCTIONS:** .....