



# Dr May Wong

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## Instructions for 24 hr pH study

### What is this test?

A 24 hr oesophageal pH study is designed to show how much reflux is coming up into the oesophagus (gullet, tube connecting the mouth to the stomach). In order to do this accurately, we first do a test called *manometry* to tell how well the muscles in the oesophagus function. We do this by measuring pressure at several points along the oesophagus while you swallow small volumes of water. The 24 hr monitoring test is then undertaken.

### What will happen?

For the manometry test, a relatively thin, soft silastic tube will be passed through your nose into your throat, then into your oesophagus while you sip some water through a straw. Local anaesthetic spray is used to numb the nose and throat; you do not need sedation or full anaesthetic. The tube will be introduced while you are sitting upright. Once positioned, you will be given several water swallows (still sitting upright), then you will be asked to lie down and a further set of swallows (at least 10) will be examined. The tube will then be taken out.

For the pH test, a smaller, plastic coated tube will be placed in the oesophagus, taped to your nose and cheek, and connected to a monitor carried on a strap over your shoulder. You will leave the Unit and return the following morning to have this tube removed. During the monitoring you will be able to eat and drink normally, and you will record mealtimes and symptom events in a diary. You will not be able to shower or bathe.

### Preparation for the test

You should not eat, smoke, or drink alcohol or coffee after midnight the day before your appointment (plain water is alright). You should wear a shirt or blouse so that the monitoring line can run down through the top and exit at your waist where it will connect to the monitor.

Only essential medication (such as for blood pressure, heart conditions, epilepsy, diabetes, asthma, depression etc) should be taken on the day prior to the test and on the morning of the test. **Anti-reflux medication such as Salpraz, Losec, Nexium, Pariet, Rani 2, Somac, Tazac, Zantac or Zoton should be stopped for five days prior to your appointment, unless your referring specialist has requested you be tested on such medication. You can continue Gaviscon and Mylanta.**

Please tell us if you are allergic to latex or local anaesthetic.

You should allow approximately 1 hour for the initial appointment. You may eat and drink soon after this is completed, and your driving performance will not be impaired.

***Please bring any relevant x-rays (e.g. barium swallow) and endoscopy results with you, and a referral letter (if not already sent). Thank You.***



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## **Instructions for Oesophageal Manometry**

### **What is this test?**

Oesophageal manometry is a test to tell how well your oesophagus (gullet, tube connecting the mouth to the stomach) functions. It achieves this by measuring pressure at several points along the oesophagus while you swallow small volumes of water.

### **What will happen?**

A relatively thin, soft plastic tube will be passed through your nose into your throat, then into your oesophagus while you sip some water through a straw. Local anaesthetic is used to numb the nose and throat; you do not need sedation or full anaesthetic.

The tube will be introduced while you are sitting upright. Once positioned, you will be given several water swallows (still sitting upright), then you will be asked to lie down and a further set of swallows (at least 10) will be examined.

### **Preparation for the test**

You should not eat, smoke, or drink alcohol or coffee after midnight the day before your appointment (plain water is alright).

Only essential medication (such as for blood pressure, heart conditions, epilepsy, diabetes, depression etc) should be taken on the day prior to the test and on the morning of the test.

Please tell us if you are allergic to latex or local anaesthetic.

You should allow approximately 1 hour for the initial appointment. You may eat and drink soon after this is completed, and your driving performance will not be impaired.

***Please bring any relevant x-rays (e.g. barium swallow) and endoscopy results with you, and a referral letter (if not already sent).***

***Thank You.***