Patient & Family Guide

2022

24-Hour pH Monitoring

My name:	
Test date:	Time:
My symptoms:	



24-Hour pH Monitoring

You are going to have a 24-hour pH monitoring test. This test checks if your symptoms are related to refluxing (coming up from your stomach) or regurgitating (bringing up) acid from your stomach (belly) into your esophagus (the tube in your throat connecting your mouth and stomach to swallow food).

Why is the test done?

24-hour pH monitoring checks:

- how much acid is refluxing into your esophagus.
- how often you are refluxing in a day.
- how long it takes for the acid to leave your esophagus.
- when you reflux the most (when you are upright or when you are lying down).
- if reflux is causing symptoms.

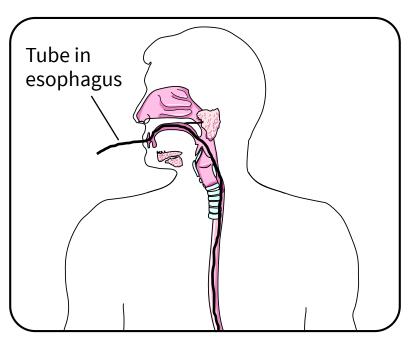
How is the test done?

- A small tube will enter through one side of your nose into your esophagus.
- A monitor attached to the tube will check how much acid is in your esophagus. The tube will stay in place until the end of the test.

 Your health care team will show you how to use the monitor. Once the tube is put in, you will go home and do your usual activities while using your food diary.

How will the test feel?

- You will feel something in your throat, but the tube is very small. Most people do not mind it as much as they thought they would.
- If you feel like you are about to gag, breathe normally. This helps the feeling go away quickly.



Medications

- Your health care team will tell you when you book your test if you must stop taking your medication (like blood thinners or stomach medications) during the test.
- Your health care team will tell you when you need to stop taking your medication and when you can start taking them again when the test is over.

Eating and drinking during the 24-hour pH monitoring test

- You can eat and drink while you are doing the test.
- Do not eat or drink anything acidic (like tomatoes or tomato juice, citrus fruits [oranges, lemons, or limes] or citrus juices).
- Do not eat these foods:

Milk products:

- > Buttermilk
- Sour cream
- Cottage cheese
- Yogurt

- Kraft Singles or other cheese slices
- > Sherbet

Fruit:

- > All fruit
- All fruit juices
- All fruit-flavoured desserts
- All desserts made from fruit, including raisins or dates

Vegetables:

- Tomatoes and all tomato products (like tomato sauce, tomato paste, or ketchup)
- > Sauerkraut
- Canned pimento

Breads:

- > Pumpernickel
- Melba toast

Other:

- > Jams
- > Jellies
- > Honey
- > Jell-O
- > Horseradish
- Mustard

- Soy sauce
- Worcestershire sauce
- → Vinegar
- Salad dressing
- > Pickles

Drinks:

All juices

> All pop

Foods you can eat

Milk products:

> Milk

> Ice cream

Cream

> Pudding

Vegetables:

All vegetables except tomatoes

Meats:

> All meats

Breads:

> White

→ Bran

Oatmeal

- Oat bran
- > Whole wheat

Rye

Fat:

All fats, including:

Gravy

> Margarine

> Butter

→ Cooking oil

Drinks:

- > Water
- Tea and coffee (if taken with milk, cream, or sugar)

Tea or coffee without milk, cream, or sugar is OK only if you limit yourself to one cup (250 ml) when monitoring is being done.

Activity

- You can do your usual activities.
- When you are lying down, do not raise the head of your bed.
- Use only one pillow when you are lying down.
- Do not take a shower or bath when the tube is in place.

Diary

You will use this diary during your pH monitoring test.

In your diary, write down:

- Any time you start and finish eating a meal or snack.
- Any time you change positions (from being upright to lying down, or from lying down to getting up).
- Any symptoms you have, like:
 - > Pain
 - Indigestion
 - > Burping
 - Coughing
 - Nausea (upset stomach)
 - > Reflux
 - Regurgitating food
 - > Vomiting (throwing up)
 - > Heartburn
 - Wheezing (a whistling sound when you breathe)

When a meal or snack started:	When a meal or snack ended:	When I changed position:	Other (took medication and why, smoked):

Symptom:	When the symptom started:	When the symptom ended:

When a meal or snack started:	When a meal or snack ended:	When I changed position:	Other (took medication and why, smoked):

Symptom:	When the symptom started:	When the symptom ended:

Notes:		

Looking for more health information?

Find this pamphlet and all our patient resources here: https://library.nshealth.ca/PatientEducation Contact your local public library for books, videos, magazines, and other resources.

For more information, go to http://library.novascotia.ca

Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

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The information in this pamphlet is to be updated every 3 years or as needed.

