

**Patient name** \_\_\_\_\_

**PROCEDURE DETAILS:**

DATE: \_\_\_\_\_

CHECK-IN TIME \_\_\_\_\_

LOCATION: **GI Motility Center of the Rockies  
Community Medical Center, Suite 202  
1000 West South Boulder Road  
Lafayette, CO 80026**

**Ambulatory Reflux Study (Acid Only) - Prep Instructions**

**Please Read ALL Information Carefully!**

**About the Study**

The study involves passing a probe into your esophagus via the nose. The probe is quite small and is easily tolerated. For your comfort, nasal passage is required. You will not be given any medication to make you more relaxed or sleepy for this study.

Expect to be at the center about 30-60 minutes for the procedure. You will need to return the next day for probe removal. This takes only a few minutes.

The probe will stay in place for 24 hours. During this 24-hour period, you will be asked to conduct your life as normally as possible to give a true picture of your symptoms. If certain activities bring on your symptoms, you will be asked to do these activities, such as exercise and eating certain foods that typically might bring on your symptoms.

You will need to be active during the daytime period. No daytime napping unless that is your normal habit. Eat food that may bring on your symptoms, and eat at least one full meal during this 24-hour period.

You will need to **start** your sleep time period flat and with one pillow. You can sleep on your side, back, or stomach – whatever is most comfortable for you.

## **Ambulatory Reflux Study (Acid Only) - Prep Instructions (Continued)**

### **Important Points to Note Prior to Undergoing the Procedure**

- \* You will not be able to shower or take a tub bath during this study**
- \* You will need to be off the following medications: (Check with your doctor)**
  - \*Proton Pump Inhibitors (PPIs) 5-7 days prior to the test: such as Prilosec, Preacid, Nexium, Aciphex, Protonix, etc.**
  - \*H2 Blockers, 3 days prior to the test: such as Axid, Pepcid, Tagamet, Zantac, etc.**
  - \*Antacids, 12 hours prior to the test: such as Gaviscon, Maalox, Mylanta, and Tums**

**NOTE: Please check with your doctor regarding any medication questions.**

- \* Do not eat or drink anything 4-6 hours prior to your study. You may have small sips of water up until 2 hours prior to your study.**
- \* You will not need someone to drive for you after this study.**

If you have questions about your study, please call Sandy at 303.926.8512. On the day of the study, you can reach Sandy at 303.604.5000.

