

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 (Impedence-pH for Acid and Non-Acid Reflux) 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 (Impedance-pH) Prep Instructions (Con't)

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 not need to discontinue any medications unless your doctor requests you to be off certain medications.**
- * 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.

