

Digitrapper® pH-Z Monitoring Patient Instructions





Digitrapper pH-Z monitoring is a study that measures and records the amount and severity of stomach contents backing up into the esophagus, and can detect if the content of the reflux is acidic or non-acidic. From this study, your physician will be able to evaluate the number of reflux events, the acid content of each event, as well as how long each event lasted.

Your physician has asked that:

- You continue your medication during testing. Please record in your diary any medication you take for your reflux.
- OR-
- You discontinue your reflux medication for this test. Please do not take any prescribed medication for the treatment of your reflux during the testing period.

While the catheter is in place:

1. You may resume your normal daily activities.
2. A local anesthetic was administered to your nasal passage to decrease discomfort during catheter placement. Therefore, do not eat or drink for at least one hour after the procedure.
3. It is normal to feel the probe in the back of your throat and this feeling should improve over a few hours.
4. Do not shower, bathe or swim while the catheter is in place (sponge bath only); the recorder must not get wet.
5. Do not have any x-rays taken while the catheter is in place.
6. Please complete the patient diary as concisely as possible; use the time displayed on the recorder to write down the time of events in the diary.

	Press the <u>Symptom Button</u> once for each individual event, e.g. heartburn, reflux, chest pain, cough, etc.
	Press the <u>Med Button</u> once if medication is taken. Medications to be entered into the diary are any medications you are taking for heartburn or reflux during the study.
	Press the <u>Meal Button</u> once at the start of your meal/snack. The LED will remain illuminated until the button is pressed to end the meal/snack. You may drink whatever you like during a meal/snack but limit amounts between meals. Any liquids you drink between meals must be recorded in your diary.
	Press the <u>Supine Button</u> once when laying down for bed. The LED button will remain illuminated until the button is pressed upon getting up. Include any time you get up during the night.

Please be sure to return your diary with your recorder at the end of the testing period to:

Location: _____ Date: _____ Time: _____

If you should have any questions or concerns during the study, please call: _____

Physician notes:

24 Hour PH study

Your Instructions prior to procedure

- STOP taking your antacid medications 10 days prior to your procedure, unless you were instructed by your doctor. (This includes Prilosec (omeprazole), Nexium (esomeprazole), Aciphex (rabeprazole), Prevacid (lansoprazole), Protonix (pantoprazole), Zegerid (immediate release omeprazole), and Dexilant (dexlansoprazole))
- These medications should be STOPPED FOR 2 DAYS before the test: Zantac (Ranitidine), Tagamet (Cimetidine), Axid (Nizatidine), Pepcid (Famotidine).
- Medications such as TUMS, Gaviscon, Maalox and Mylanta can be taken the day before the test.
- Take all other medications ordered by your doctor. On the day of your procedure, take your other medications with a sip of water.

If your doctor wants the test performed ON acid reflux medications, then please read the following:

- Continue all your regular medications.
- On the morning of the test, you can take your regular medications with sips of water.