



**PATIENT  
EDUCATION**

## **Preparation Instructions: 24-Hour pH Study No Medications for Two Weeks**

### **Preparation for your 24-hour pH study**

- You are not sedated so you will be able to drive yourself home.
- Please allow at least one hour for the test.
- If you have any questions regarding these preparation instructions, please call us at (320) 229-4916.

### **Medication information**

- Some of the medicine you take may need to be stopped or adjusted temporarily. You should discuss all insulin or diabetes medications with the prescribing provider before the 24-hour pH Study. Do not stop these medications without the consent of your provider.

### **Two (2) weeks before your 24-hour pH study**

- You will need to hold your prescription antacids and over the counter Prilosec.
  - Nexium/Esomeprazole
  - Aciphex/Rabeprazole
  - Prevacid/lansoprazole
  - Protonix/Pantoprazole
  - Prilosec/Omeprazole/Prilosec OTC/Zegerid
  - Dexilant/Dexlansoprazole

### **The day of your 24-hour pH study**

- Remember you cannot have anything to eat or drink 4 hours prior to the study.
- Do not wear jewelry. Please leave valuable objects at home or with family members.
- Dress comfortably.

### **After your 24-hour pH study**

- You will be asked to keep a written diary of any symptoms for the next 24 hours.
- You will be asked not to swim, shower, or immerse yourself in water once the tube is placed.
- You may sponge bathe or shampoo in the sink so please plan according.
- The following day you will return to the clinic for a short appointment to have the tube removed.
- The nasal tube should not interfere with usual activities but is very visible to others. Be sure to keep this in mind while planning your day.

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Notes / Other Instructions:

