

## Ambulatory oesophageal pH or impedance-pH monitoring

### Why is this measurement done?

This measurement investigates whether acid or non-acid contents of your stomach are flowing back into your oesophagus (reflux disease). Symptoms of reflux disease include heartburn, prolonged cough, hoarse voice, chest pain, and vomiting in children. This measurement monitors the number of reflux episodes you have and their relationship to your symptoms.

### How should I prepare for the measurement?

- You should refrain from eating and drinking for at least **five hours** before the measurement.
- Children **under one year of age** should not be fed for at least **two hours**.
- Medicine that effects the acidity in your stomach should be paused for at least 7 days, preferably 14 days, **if your treating/referring doctor has not agreed with you otherwise.**
  - The medicine pause can be ignored if you know that during the pause your symptoms will become unbearable
- Necessary medicines can be taken on the day of the measurement with a little bit of water.
- Bring along a list of the medications you are using.

A measurement catheter will be taped to your cheek for the monitoring. Rich lotion or makeup on your face will make it harder for the tape to stay attached.

### How is this measurement done?

About two millimetres thick measurement catheter will be inserted into your throat through your nostril. The catheter will advance from your throat to your oesophagus when you bend your chin downwards and drink small gulps of water through a straw. The tip of the catheter will be placed at the top of your oesophagus, where the pH-value of your stomach will be measured momentarily. When the right measuring depth is defined the catheter will be taped to your cheek. The catheter will be connected to a portable monitor that you will keep with you in a small carry bag.

You should try to live your everyday life as normally as possible during the monitoring. However, you will not be able to take a shower because the monitor and the tape must be kept dry. You will be able to eat and drink normally and go back to your workplace/school/home as soon as the catheter has been placed.

- However, you will need to space your eating and drinking times **three to four hours apart** during the monitoring. You may not have any extra snacks, sweets, gum or beverages between meals, only water can be drank in small portions. Drinking coffee and tea will only be permitted at mealtimes.

When setting up the monitor, we will give you a diary and instructions for recording certain activities. Keeping the diary is an important part of the measurement. It helps us find out if any observed abnormalities are connected to specific activities or symptoms. You should write down the starting time and quality of your symptoms. You can also attach short notes about events or sensations that you think are essential to the measurement.

Please keep in mind that you will have to pay for the monitor if you break it or lose it.



### **How long will the measurement last?**

It will take about 60 minutes to insert the catheter at your visit and give you instructions about the monitoring. You will be monitored for about 24 hours in your regular/home environment. It will take about 10 minutes to remove the catheter and check the functioning of the monitor when you return it.

### **Where can I get the measurement results?**

The ward or clinic that is treating you will tell you about the measurement results.

Instruction reviewed 21.3.2024