

MaineGeneral Gastroenterology

Preparation for Impedance Probe

Please arrive **30 minutes** before the exam.

PH Probe monitoring is performed to see if acid from your stomach is coming up into the esophagus and how often. This test also helps to determine appropriate treatment with medications and/or surgery.

- Before the test, the nurses will spray your nose with Afrin® nasal spray to open the nasal passages and use a liquid to numb the nasal area.
- They will then insert a thin tube (catheter) through the nose and into the back of the throat.
- You will then be asked to swallow and the catheter will pass into the esophagus. It does not hurt, but may feel a bit unusual while the test is being done.

If an esophageal manometry study is not being done before the probe, a brief one will be done to find the base of the esophagus. This is important because it determines where the catheter should be placed. It is done the same way as the probe and only takes 5-10 minutes.

The catheter is attached to a small monitor (Walkman size) you will wear around your waist. Once the catheter is attached, you may go home and return to your usual activities. The nurses will tell you how to use the monitor and will ask you to keep a brief diary while the probe is in place. You will return 24 hours later to have the probe removed. The provider will then interpret the results. A report will be sent to the ordering provider and he/she will determine a follow-up plan.

Preparation for the test:

- No solid food after midnight before the test.

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Appointment Date: _____

Arrival Time: _____

Appointment Time: _____

Procedure Location:

**MaineGeneral Endoscopy
Thayer Center for Health
149 North Street
Waterville**

- **Clear liquids** are allowed until _____ a.m./p.m., which is three hours before the test. A clear liquid is any liquid you can see through. Examples are bouillon, apple juice, cranberry juice, ginger ale or Sprite, tea, black coffee (sugar allowed), Popsicles® (any color), Gatorade (any flavor), JELL-O, (not red or orange JELL-O). After this time, you may have nothing at all, including gum, candy and water. No smoking.
- **If you are diabetic**, see reverse side of this form for instructions.
- You may take your routine medications up until three hours before the procedure unless instructed otherwise. If you are having an early morning procedure, please take your heart or blood pressure medications as soon as you get up with a sip of water.
- You may drive to and from your test as no sedation is used.

If you will be off acid-blocking medications for this test:

- **Do not** take your PPI medication such as AcipHex®, Prevacid®, Prilosec (omeprazole), Protonix, Kapidex or Nexium® for one week before this test.
- You may take H2 Blockers such as Tagamet, Zantac® or Pepcid® up to 72 hours before the test instead of the above PPI medications or as usually taken.
- You may use antacids such as TUMS®, Roloids®, MYLANTA®, Maalox® or Riopan up to the night before.
- You may take your other routine medications up to three hours before the procedure.

If you will be on acid-blocking medications for this test:

- You must continue to take your PPI medications such as AcipHex®, Prevacid®, Prilosec (omeprazole), Protonix, Kapidex™ or NEXIUM® as usual including the day of your test.

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Guidelines for Patients with Diabetes

Please use regular clear liquids, **not** diet clear liquids. Examples: regular ginger ale and regular JELL-O.

Drink plenty of clear liquids that contain sugar.

- Avoid caffeinated drinks. They can cause dehydration.
- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Stop drinking clear liquids three hours before your procedure and check your blood sugar. If it is low, call 861-6500. (If before 8:30 a.m. or after 4:30 p.m., the answering service will page the doctor on call.)

If you use long-acting insulin:

- Take your long-acting insulin as prescribed. These include LANTUS®, Levemir® or your insulin pump.

If you use short- or medium-acting insulin:

- Cut back to half the usual dose the day before your procedure.

If you take oral agents (pills):

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.

Please feel free to call with any questions or concerns at 861-6500.