

24 hour pH-impedance monitoring



Lovisenberg Diakonale Sykehus

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24 timers pH-måling 01-2020 Engelsk



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24 hour esophageal acid level test

Purpose

To measure the level of acid in the esophagus.

Preparations

You must stop using medications that reduce the acid levels (proton pump inhibitors) such as Omeprazol, Esomeprazol, Losec, Nexium, Pantoprazol, Somac, Lanzoprazol and Lanzo **seven days before the examination.**

You must stop using other medications that reduce acid levels (H2 blockers) such as Tagamet, Pepcid or Zantac/Ranitidin **two days before the examination.**

You must stop using acid neutralizing medications such as Link, Novaluzid and Gaviscon **the night before the examination.**

You must fast the last six hours before the examination. You should not eat, but may drink one glass of water until two hours before the examination if thirsty.

The examination

A thin catheter is placed through one nostril, via the esophagus, into the stomach. The catheter is connected to a recorder that will record the pH level continually for 24 hours. You must wear a belt to which the recorder is attached. The measurement data will be stored in the recorder.

*During the 24 hours of the examination it is important that you behave as **you normally would** with regard to meals as well as leisure and work related activities. The measurements should ideally reflect your condition on an average day.*

Concluding the examination

After 24 hours, you should return to the outpatient clinic to have the catheter and recorder removed.

Complications

Complications related to this examination are rare.

After the examination

After the examination no special precautions are necessary, and you should resume taking your medications as normal.

Examination results

Your referring physician will be informed of the results of the examination. You may also receive an appointment for a later checkup here. You can request a written statement that you have been to this examination. However, a sick leave form (sykemelding) will not be issued.