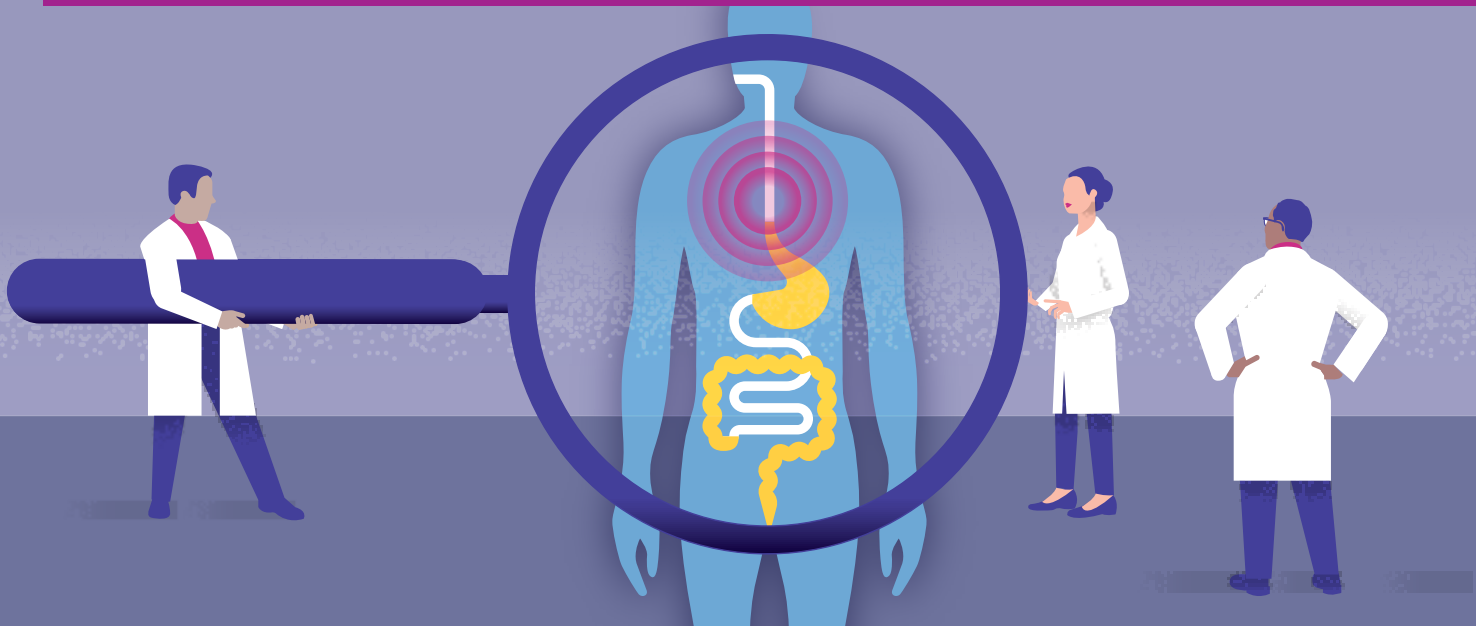


# 48-Hour pH (OFF Acid Suppression) Test Preparation Instructions



- DISCUSS MEDICATIONS** and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your test. Instructions may include the following changes:
  - If you are diabetic, your medications might need to be adjusted. Please consult your prescribing doctor.
  - Take scheduled medications at least 2 hours prior to your test with a small amount of water.



- SCHEDULE** your 48-Hour pH Test. Please call our **Patient Communication Center (PCC) at 310-825-7540** to schedule your 48-Hour pH Test if it was not scheduled for you at your clinic appointment. Note: The PCC may also call you to schedule the procedure.



- LOCATION** Your 48-Hour pH Test will be performed by a **nurse** at the selected location listed below:

- UCLA Medical Center**  
**100 UCLA Medical Plaza #205**  
Los Angeles, CA 90095  
Date \_\_\_\_\_  
Time \_\_\_\_\_  
(Please check in 15 minutes before procedure time)

## IF YOU ARE ON ANY MEDICATIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS:



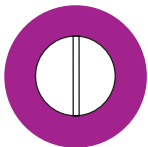
### 7 DAYS BEFORE YOUR TEST STOP TAKING

- **Proton pump inhibitors** - This includes, but is not limited to rabeprazole (Aciphex), omeprazole (Prilosec), lansoprazole (Prevacid), dexlansoprazole (Dexilant), esomeprazole (Nexium), pantoprazole (Protonix).



### 2 DAYS BEFORE YOUR TEST STOP TAKING

- **Histamine2 blockers** - This includes, but is not limited to famotidine (Pepcid), cimetidine (Tagamet), ranitidine (Zantac), nizatidine (Axid).



### 1 DAY BEFORE YOUR TEST STOP TAKING

- **Antacids** - This includes, but is not limited to Maalox, Mylanta, Roloids, TUMS.



- THE NIGHT BEFORE YOUR TEST** do not eat or drink anything after midnight. You might want to shower or bathe because you will not be able to do so during the test. The pH recorder must not get wet.



- THE MORNING OF YOUR TEST** take your usual morning medications (including blood pressure medications), at least 2 hours prior to your procedure with a small amount of water. (Remember to continue to hold the medications mentioned above for the remainder of the study.) Also, please wear a loose fitting top or button-down shirt.



- 2 DAYS AFTER YOUR APPOINTMENT** return the equipment to the office where your test was performed.

## WHAT IS A 48-HOUR pH STUDY AND WHAT CAN I EXPECT DURING THE TEST?

It is a catheter-based test that measures the amount of acid reflux from the stomach into the esophagus over a 48-hour time period. It also determines if symptoms are correlated with acid reflux episodes. Esophageal manometry is done beforehand to determine the positioning of the catheter in the esophagus. The manometry may be done the same day or in advance.

The test is performed by specially trained and experienced motility nurses. The nurse will insert a very thin catheter with sensors into one of your nostrils. It is about the thickness of a cellphone charging cord. The catheter is passed into the nose and swallowed into the esophagus by drinking water. The catheter is attached to a recording device that you will keep near you for 48 hours. You will be given instructions on how to record your symptoms during the test. At the end of the study the catheter is removed from your nose and the data are loaded on a computer for analysis. The test is interpreted by gastroenterologists who are experts in esophageal disorders.

