

Twenty-four hour pH monitoring

Twenty-four hour pH monitoring determines whether there may be an abnormal amount of acid or stomach contents coming back up into the esophagus.

The test is performed by inserting a small probe/catheter with sensors through the nose and passing it into the esophagus and/or stomach. The nose can be anesthetized to make this procedure more comfortable. You will go home with the probe/catheter in place for approximately 24 hours and can do your usual activities. Further instructions about diet and keeping a diary of certain events will be discussed at your appointment. You will return the next day to have the pH probe /catheter removed.

There are certain medications that may interfere with our test results.

Please review and follow the instructions carefully.

Procedure Center

CHI Health Creighton University
Medical Center - Bergan Mercy
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**If you have any questions,
please feel free to contact us
at 402.717.9800.**

CHIhealth.com/gastroenterology

Thank you for choosing
CHI Health Clinic –
Gastroenterology.

PREPARATION FOR THE PROCEDURE

- If your test is scheduled in the morning, do not eat or drink anything after midnight prior to testing.
- If your test is scheduled after 12:00 noon, you may have a light breakfast before 8:00 a.m., then nothing else to eat or drink.
- If your test is scheduled after 2:00 p.m., do not eat or drink after 10:00 a.m.

Stop gastric acid reduction medications as follows:

- 14 days (not including day of test) Proton pump inhibitors: Prilosec (Omeprazole), Prevacid, Aciphex, Protonix, Nexium, etc. (If you have to stop proton pump inhibitors you may take H2 blockers for 4 days then stop as stated below.)
- 7 days (not including day of test) Buprenorphine (Butrans)
- 7 days (not including day of test) weight loss medications (GLP-1 agonists) such as Ozempic, Wegovy, Mounjaro, Rybelsus, Victoza, Trulicity.
 - **If you have diabetes then please consult your prescribing provider prior to stopping the medications.**
- 3 days (not including day of test) Pro-motility agents: Reglan (Metoclopramide), Zelnorm, Erythromycin, etc.
- 3 days (not including day of test) muscle relaxants/antispasmodics such as Flexeril, Diazepam, Bentyl, etc.
- 3 days (not including day of test) H2 blockers: Tagamet, Pepcid, Axid, Zantac, etc.
- 3 days (not including day of test): Carafate, Questran, Cytotec
- 3 days (not including day of test): Calcium channel blockers & beta blockers: Consult with your prescribing provider if it is safe to hold otherwise you may continue: Vascor, Cardene, Verapamil, Dyna-Circ, Cardizem, Procardia (nifedipine), Plendil, Sotalol, Acebutolol, Pindolol, Penbutolol, Esmolol, Carteolol and Metoprolol, etc. (not all inclusive)
- 2 days (not including day of test) All opioids unless indicated otherwise but not limited to hydrocodone (Vicodin), oxycodone (OxyContin, Percocet), oxymorphone (Opana), Morphine (Kadian, Avinza), Codeine, Fentanyl, Hydromorphone, Pregabalin (Lyrica), Tapentadol
- Antacids may be taken until midnight prior to testing.