

# Esophageal Impedance pH Monitoring: After Your Test

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## **What is an esophageal impedance pH monitoring test?**

This test looks at acid and non-acid reflux in your esophagus over 24 hours.

**Reflux** is the backward flow of liquid from the stomach into the **esophagus** (the tube connecting your mouth and stomach).

## **What side effects should I expect after the test?**

You may have a sore throat after the test. Over-the-counter throat lozenges may help (you can buy these from a store or pharmacy). You may also have temporary nasal congestion (a stuffy nose) or a light nosebleed after the test.

## **What can I eat after the test?**

You may go back to eating your normal diet after we place the **catheter** (a thin, flexible tube) into your esophagus for your test.

## **What activities can I do during the 24-hour test period?**

Avoid any activities that would cause you to sweat. This could cause an issue with the tape that holds the catheter in place.

## **When can I start taking my normal medications after the test?**

- Please wait to take any anti-reflux medications until you talk to your provider about your test results. When you start taking anti-reflux medications may change based on your test results.
- If you had to stop taking other medications before your test, you may start taking them again after you return your equipment and symptom diary. We will teach you about the equipment and symptom diary before your test.

## **When should I call the doctor?**

Please call us if you develop any of these symptoms:

- Chest pain or shortness of breath
- Fever (a temperature higher than 100.6° F)
- Nausea or vomiting
- Bleeding more than a few tablespoons of blood from your nose, or bleeding that won't stop

## **What is the contact information?**

- On Monday through Friday between 8:00 AM - 5:00 PM, please call our clinic at **(734) 936-9250**.
- During non-business hours (evenings, weekends, and holidays), please call **(734) 936-6267** and ask to have the on-call gastroenterology (GI) fellow paged.

**If you are unable to reach a doctor and your symptoms are not going away, go to the nearest emergency room (ER) and bring this document with you.**

## **Who do I contact with equipment-related questions or concerns?**

Call one of these numbers if you have questions or concerns about the testing equipment (error messages, button help, etc.):

- If your equipment was placed at Brighton Center for Specialty Care: call **(810) 263-4400** on Monday through Friday between 7:00 AM - 3:30 PM and ask to speak with the member of the GI Physiology Lab.
- If your equipment was placed at University Hospital: call **(734) 936-5567** on Monday through Friday between 7:00 AM - 3:30 PM and ask to speak with a member of the GI Physiology Lab.
- During non-business hours (evenings, weekend, and holidays), please call **(734) 936-6267** and ask to have the GI Physiology Lab after hours pager **#34090** notified.

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