

# Esophageal Motility Study and 24 Hour PH Monitoring

---

## **IF YOUR STUDY IS IN THE MORNING:**

You should have nothing to eat or drink after midnight.

## **IF YOUR STUDY IS IN THE AFTERNOON:**

You should have nothing to eat or drink after midnight. The morning of your test you may have liquids only, but not after 8:00 am.

## **YOU SHOULD TAKE YOUR REGULARLY SCHEDULED MEDICATIONS WITH WATER UNLESS OTHERWISE INSTRUCTED.**

## **NOTE FOR DIABETIC PATIENTS:**

You will need to be scheduled with an early morning appointment. Please advise the doctor managing your diabetic care that you are having this test.

Your medication may be changed in preparation for this test.

Do not take any H2 blocker medication such as Zantac, Pepcid, Tagament or Axid for 48 hours prior to the study. If you are taking Prilosec, Prevacid, Aciphex or Protonix you must discontinue this for 10 days prior to the study. You may take an antacid like Tums, Maalox, Gavison, Mylanta, and Roloids up until Midnight the night before.

For Esophageal Motility Study, a catheter will be placed through your nose into the esophagus. Pressures will be measured in your esophagus for about 20 minutes. Depending on the indication for this procedure, and after discussing the situation with your physician, we may do additional studies in order to obtain more information from this test.

For the 24 hour pH study, a small catheter will be placed through your nose into the esophagus. This catheter will remain in place until the next day about the same time when you will return to have it removed.

Please arrive at the GI Lab the 1st floor at Piedmont Hospital approximately 30 minutes prior to your study so that all the preliminary paperwork can be completed and we can begin the study on time. If you are late by 30 minutes or greater, your appointment is subject to being rescheduled. Please register with the receptionist.

If you have any questions regarding these instructions, please feel free to call 404-605-2715. The results of this study will reach your physician's office in 7-10 days.  
This is a safe, simple and well tolerated study.