

24-hour pH Impedance Instructions

Put these instructions somewhere you can see them. Follow every step to get ready for your test. For more information, visit ohiogastro.com/24-hour-ph-impedance-preparation/. Questions? Call directly at (614) 683-9532, call our main line at (614) 754-5500, or visit ohiogastro.com.

You will get a diary sheet when your tube is placed. Use the sheet to write down every time you eat, drink, burp, take PPI medication, lie down, or have symptoms. This diary is very important. It helps your doctor read your test results. If you need help filling out the diary, plan ahead and ask someone who can help you during the 24 hour test period.

Tube Placement Date & Time: _____ **Tube Removal Date** _____

PPI: _____ **Location:** 3400 Olentangy River Road, 2nd Floor,
Columbus, Ohio 43202

Day Before Your Tube Placement

- ☐ **11:59 p.m. - STOP having anything by mouth until after your tube is placed. DO NOT eat, drink, chew gum, suck on hard candy, or use lozenges. If you do, your procedure will be delayed or cancelled.**

Day of Your Tube Placement

- ☐ You may want to shower or take a bath before your test. You will not be able to shower or take a bath while the tube is in place.
- ☐ Wear a shirt that buttons down the front.
- ☐ **15 minutes before placement time** - Arrive at the front desk on the 2nd floor so we can get you ready. Bring your insurance card and a photo ID. Plan to be there for about 20 minutes.
- ☐ **After the tube is placed:**
 - Write down every time you eat, drink, burp, take PPI medication, lie down, or have symptoms. Use the diary sheet you were given.
 - DO NOT smoke while the tube is in place.

Day After Your Tube Placement

- ☐ Keep writing down your symptoms and every time you eat, drink, burp, take PPI medication, or lie down. Do this until the tube is removed.
- ☐ **A few minutes before your tube removal** - Arrive at the front desk on the 2nd floor. Plan to be there for about 10 minutes.
- ☐ Your doctor will give you your test results within 14 days. Your bill will show the day you had your appointment, not the day your doctor reads the results.



Get more info at
ohiogastro.com/24-hour-ph-impedance-preparation/