

24-HOUR OESOPHAGEAL PH/IMPEDANCE MONITORING

Instructions for patients

24-hour oesophageal pH/impedance monitoring (pH-Z) is a test that measures the number and duration of gastric reflux episodes (attacks) in the oesophagus and, at the same time, determines their nature (acidic, non-acidic, mixed, air) and how far the reflux rises in the oesophagus. The test is performed in case of suspected gastroesophageal reflux disease in patients whose symptoms indicate such a diagnosis and where endoscopy does not show signs of reflux oesophagitis. An important part of this technique is the ability to determine the correlation between symptoms and reflux.

pH-Z is performed on an empty stomach (minimum 6 hours). You can drink for up to 2 hours before the test, but only a small amount of fluid (non-carbonated). You must discontinue any medication affecting the secretion gastric acid prior to the exam, if we are testing for reflux disease in patients with atypical (extraoesophageal) symptoms. Such symptoms include a chronic cough, mucous congestion, hoarseness or recurrent respiratory inflammation. Conversely, we recommend patients who are already being treated for reflux disease and have not had adequate relief from their symptoms, continue taking their medication prior to the exam. Please consult the referring physician whether to continue or discontinue medication for the exam. Unless indicated otherwise, discontinue anti-reflux therapy 7 days prior to the examination.

In a sitting position, a thin probe (catheter) will be inserted into your oesophagus through your nose. It will be positioned so that the pH sensor measuring acidity in the oesophagus is 5 cm above the lower oesophageal sphincter. The probe is also equipped with a series of impedance sensors that will measure tissue resistance and determine the nature of the reflux and the height of its propagation up the oesophagus. The probe will be taped to your nose, face and neck. The other end will be connected to an activated portable device, which you will carry in a case around your waist or on a strap around your neck. During the test, it is essential that you follow your normal daily routine as much as possible, including meals, and it is advisable to carry out activities that usually lead to the manifestation of your symptoms. The test will be more beneficial. The only restrictions are to avoid bathing and exposing the device to water. During the day, you will use the buttons on the device to record when you take medication, eat, sleep (horizontal position) and the onset of symptoms. You will also need to record these events in a diary, which we will provide. You will receive detailed instructions at the outpatient clinic. The test takes 24 hours, after which the device switches itself off. You will then bring it back to the clinic, together with your diary, where we will remove the pH-Z probe. If the probe dislodges during the test, do not adjust its position yourself, as this could distort the collected data. We will either adjust the probe at the clinic and you will continue the test if the probe shifts at home or if you are unable to come right away, carefully wrap the probe and bring it to the clinic the next day. You can resume your everyday activities with no restrictions after the exam.

The data obtained during the examination is evaluated by computer and we will inform you of the results.

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