

## Restech pH Monitoring Study

***Important: Failure to follow these instructions may result in cancellation of your procedure.***

This is a test to measure the pH in the back of your throat to help determine if stomach acid is backing up (refluxing) into the throat, a condition called Laryngopharyngeal Reflux (LPR). LPR can occur in the absence of heartburn, making it difficult to diagnose.

A small catheter (tube) is passed through the nose until the tip rests in the back of your throat. A sensor on the tip of the catheter measures the pH in your throat. The sensor sends the data to a small recorder that has a lanyard that can be worn around the neck or across the body. During the 24-hour testing period, you can resume normal activities, including exercise, and you can resume a normal diet.

After 24 hours, **you will return to the Endoscopy unit to have the catheter removed and to return the recorder.** You cannot return the recorder by mail or to any other facility, you must return it personally or by someone you trust to get it back. **If we do not receive the recorder back, there may be additional late or non-returned fees applied.**

***If you need to cancel/reschedule your procedure, please call at least 3 business days in advance.***

**Swedish First Hill**  
747 Broadway  
2<sup>nd</sup> Floor Endoscopy  
Seattle, WA 98122  
(206) 386-2015

**Swedish Issaquah**  
751 NE Blakely Drive  
3<sup>rd</sup> Floor, Suite 3010  
Issaquah, WA 98023  
(425) 313-4452

---

## MEDICATION GUIDELINES

---

*If the study is being performed to test effectiveness of your medicine your physician may inform you to continue to take your medications. If not, please follow the instructions below:*

**Stop taking the following 7 days prior to your procedure:**

- Rabeprazole (Aciphex)
- Pantoprazole (Protonix)
- Dexlansoprazole (Dexilant)
- Lansoprazole (Prevacid)
- Omeprazole (Prilosec)
- Esomeprazole (Nexium)

**Stop taking the following 2 days prior to your procedure:**

- Famotidine (Pepcid AC, Pepcid PO, Zantac 360)
- Cimetidine (Tagamet, Tagamet HB)
- Nizatidine (Axid AR, Axid capsules)
- Ranitidine (Zantac)

Stop taking the following 1 day prior to your procedure:

- Maalox
- Mylanta
- Tums/ Calcium Carbonate
- Gaviscon
- Roloids
- Alka-Seltzer
- Pepto Bismol

*Do NOT consume alcohol, use marijuana, take mind-altering medications, or use illicit drugs within 24 hours of your procedure or your procedure will be canceled.*

## DAY OF THE PROCEDURE

---

Wear loose comfortable clothing that buttons up or zips in front.

Please arrive 1 hour prior to your procedure for registration.

**NO SOLID FOODS 8 hours prior to your scheduled appointment**

You may have **ONLY CLEAR LIQUIDS up to 3 hours prior** to your procedure such as:

- Black coffee or tea (sugar is OK)
- Popsicles or Jell-O (not red or blue)
- Bouillon/broth
- Water
- Soda (clear or cola is OK)
- Sports drinks: Gatorade; Pedialyte
- Fruit juice: apple, white grape, or white cranberry

*Please **AVOID** drinking alcohol and liquids that are red, blue, or purple in color.*

**NOTHING** by mouth **3 HOURS PRIOR** to the procedure **including gum, water, mints, and lozenges**. Doing so may cause a cancellation of your procedure.

## AFTER YOUR PROCEDURE

---

We recommend wearing a lightweight zip-up sweatshirt or a button up shirt to keep the recorder and catheter inside and prevent possibly getting the catheter snagged on anything.

You may not get the recorder wet, so there is no shower or tub bath while catheter is in place. Sponge bath only.

Please do not have any Radiology X-rays or MRI's while the catheter is in place.