



# WHAT TO DO BEFORE YOU HAVE AN ESOPHAGEAL MOTILITY AND PH TESTING

## ESOPHAGEAL MOTILITY & PH INSTRUCTIONS

WHEN	WHAT YOU NEED TO DO	DETAILS
<b>7 days before procedure</b>	<ul style="list-style-type: none"> <li>No driver is necessary as you will be awake for this procedure</li> <li><b>For 24hr pH-Impedance:</b> Discontinue taking any antacid medications, unless indicated by your physician (not for Manometry)</li> </ul>	<ul style="list-style-type: none"> <li><b>For 24hr pH-Impedance:</b> <ul style="list-style-type: none"> <li><b>Stop PPI medications</b> (Prilosec, Nexium, Prevacid, Protonix) at least 7 days prior to your procedure</li> <li><b>Stop H2 blockers</b> (Pepcid, Zantac, Carafate) at least 3 days prior to your procedure</li> </ul> </li> </ul>
<b>1 Day before your procedure</b>		
<b>During the day</b>	<ul style="list-style-type: none"> <li>You may eat a normal diet the day before your procedure</li> </ul>	
<b>Day of your procedure</b>		
<b>8 hours before</b>	<ul style="list-style-type: none"> <li><b>Do NOT eat any solid food until after your procedure</b></li> <li>You may continue to drink clear liquids</li> <li>You may take your prescribed medications</li> </ul>	<ul style="list-style-type: none"> <li>If you are diabetic:           <ul style="list-style-type: none"> <li>Do NOT take your oral diabetic medications or short acting insulin the day of the procedure</li> <li>Half your dose of your long acting insulin</li> <li>Check your glucose level at home before coming to the GI Lab</li> </ul> </li> </ul>
<b>4 hours before</b>	<ul style="list-style-type: none"> <li><b>Stop all liquids until after procedure</b></li> </ul>	
<b>After the procedure</b>		
<b>Esophageal Motility (Manometry)</b>	<ul style="list-style-type: none"> <li>May resume normal diet and activity</li> </ul>	
<b>24hr pH-Impedance</b>	<ul style="list-style-type: none"> <li>Follow diary instructions on diet, sleep, and symptom tracking</li> <li>Do not shower until after probe is removed</li> </ul>	<ul style="list-style-type: none"> <li>Keep device &amp; diary with you at all times during the duration of the test</li> </ul>
<b>WHEN TO RETURN TO GI LAB</b>		
<b>24hr pH-Impedance</b>	Return to GI Lab <b>24 hours (1 day)</b> after placement of the pH probe	<ul style="list-style-type: none"> <li>The information on the recorder will be downloaded to a computer and the results will be analyzed</li> </ul>
<b>RESULTS</b>		
Your doctor will receive the results of your motility and/or pH test in 5-7 days. Plan to discuss the results with your referring doctor at a follow-up appointment.		



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### What do I need to remember on the morning of my appointment?

- Do not wear any jewelry and do not bring valuables with you
- Bring ID, insurance card, and payment if needed. Debit and credit cards are accepted. We do not accept Care Credit, cash, or check.

### How long will the test take?

The procedure takes about 30-60 minutes to complete.

### Can I chew gum? Brush my teeth?

#### Wear my dentures?

Yes, you may chew gum but avoid those with soft centers or red or purple coloring. Yes, you may brush your teeth. Yes, you may wear your dentures to the endoscopy lab. However, you may be asked to remove them before the procedure.

### Which medicines should I take on the day of my upper endoscopy?

Continue to take any heart, blood pressure, asthma, anxiety, and seizure medicines on the day of your procedure. If you take blood pressure medicine you should take it on the day of your test with a small sip of water at least 3 hours before your test.

### What if I take diabetes medicine?

It is important you check your blood sugar often on the day of your procedure. Since you may be on clear liquids, your blood sugar will tend to drop faster than normal. This can be avoided by including some fluids with regular sugar in your diet. If you feel like you have symptoms, treat with sugar or glucose tablets.

**The DAY BEFORE your procedure:** You may take the full dose of any oral diabetic medications

- Half your long acting insulin dose if scheduled only at night

### On the DAY OF your procedure:

- Do not take any oral diabetic, short acting insulin, or weight loss medications
- Half your long acting insulin dose
- Check your blood sugar in the morning, and prior to traveling to the endoscopy lab

### When will I get the results of my procedure?

Your doctor will receive the results of your motility and/or pH test in 5-7 days. Plan to discuss the results with your referring doctor at a follow-up appointment.

### Where do I park for procedures at the Loma Linda University Medical Center?

All Visitors can park at the P3 Parking Structure, which is on the corner of Barton Road and Campus Street.  
11283 Campus Street  
Loma Linda, CA 92354

### I have more questions about my procedure, who do I call? I need to cancel or reschedule, who do I call?

For procedures scheduled at **Loma Linda Medical Center**, please call (909) 558-4668.







# Clear Liquid Diet Instructions

**You have been scheduled to have a procedure where a clear liquid diet might be indicated.**

A clear liquid diet is often used before tests, procedures or surgeries that require no food in your stomach or intestines, such as before endoscopies. A clear liquid diet helps maintain adequate hydration, provides important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

## What is a Clear Liquid?

- A liquid is considered clear if you can see & read through it.
- Includes only liquids without any pulp, bits of food, or other residues.
- **Alcohol beverages are NOT considered part of a clear liquid diet.**

 <b>These foods &amp; drinks are OK</b>	 <b>These foods &amp; drinks are NOT OK</b>
<ul style="list-style-type: none"><li>• Soda pop, ginger ale, and club soda</li><li>• Water</li><li>• Coconut Water (no pulp)</li><li>• Black Coffee (no cream)</li><li>• Clear Sports Drinks</li><li>• Clear Fruit Juices, no pulp (apple, white grape)</li><li>• Tea (no cream or milk)</li><li>• Soup Broth</li><li>• Honey</li><li>• Jell-O (no red or purple coloring)</li><li>• Popsicles (no red or purple coloring)</li><li>• Gummy Bears (no red or purple coloring)</li></ul>	<ul style="list-style-type: none"><li>• Breads, Grains, Quinoa, Rice or Cereal</li><li>• Soup with added ingredients like noodles, vegetables, meats, or cream</li><li>• Meat products</li><li>• Dairy products</li><li>• Vegetables</li><li>• Fruits</li><li>• Milkshakes</li><li>• Coffee with cream</li><li>• Non-clear fruit juices (pineapple, tomato, orange, grapefruit, mango, etc.)</li><li>• Milk, including substitutes like soy or nut milks</li><li>• Alcoholic Drinks</li></ul>