



# 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>• <b>For BRAVO pH:</b> <b>Discontinue</b> taking any prescribed or over-the-counter medication</li> <li>• <b>For 24hr pH:</b> Unless indicated by your physician you may <b>Continue</b> taking any prescribed or over-the-counter acid medication</li> </ul>	<ul style="list-style-type: none"> <li>• <b>For BRAVO pH:</b> You will need to remain off acid medication for the duration of the test</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 the procedure</b>	<ul style="list-style-type: none"> <li>• Do NOT eat any solid food</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 diabetic medicines or insulin the day of the procedure</li> <li>-Check your glucose level at home before coming to the GI Lab.</li> </ul> </li> <li>• BRAVO pH patients must continue to remain off of acid medication</li> </ul>
<b>4 hours before the procedure</b>	<ul style="list-style-type: none"> <li>• <b>Stop all liquids and remain NPO until after procedure</b></li> </ul>	
<b>After the procedure</b>		
<b>Esophageal Motility</b>	<ul style="list-style-type: none"> <li>• May resume normal diet and activity</li> </ul>	
<b>24hr pH test</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>BRAVO pH test</b>	<ul style="list-style-type: none"> <li>• Follow diary instructions on diet, sleep, and symptom tracking</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 test</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>BRAVO pH test</b>	Return to GI Lab <b>48 hours (2 days)</b> after placement of the pH probe	
<b>RESULTS</b>		
<p>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.</p>		