



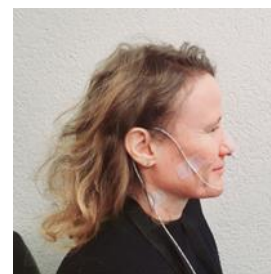
Leaflet on reflux investigations

To investigate increased reflux of acidic stomach contents into the oesophagus (gullet), throat and mouth, different investigations may be required:

- ❑ **1. Camera test for the oesophagus, stomach and duodenum (oesophagogastroduodenoscopy).** During this investigation, patients are asleep, and a flexible camera (endoscope) is carefully passed through the mouth and down into the oesophagus, stomach and duodenum. The investigation takes approx. 15 mins, with patients under short-term general anaesthesia. To ensure the best conditions for visualising the stomach, the upper gastrointestinal tract must be completely empty, i.e. no eating or drinking for 6 hours before the test, with just small sips of water allowed until 2 hours before the test (see the separate leaflet entitled "Preparation for OGD").
- ❑ **2. High-resolution oesophageal manometry (pressure measurement).** During this investigation, a local anaesthetic is given into the nose and a catheter, measuring approx. 4 mm in width, is passed into the nose and down into the stomach. This catheter has a series of pressure sensors along its length. This is then used to assess the movements of the oesophagus as well as the function of the sphincter muscles. The local anaesthetic can cause a burning sensation in the nose and throat which can last for a few seconds. Some patients find the insertion of the probe to be more unpleasant than others. The investigation takes approx. 15 minutes.

Preparation: Please ensure you fast prior to your appointment, i.e. no eating or drinking for the past 6 hours, with small sips of water allowed up to 2 hours before the test.

- ❑ **3. Impedance-pH measurement.** This test is carried out using a 3mm-wide catheter which is carefully passed down through the nose (see image). The measurement takes a total of 24 hours. The probe is generally inserted on a morning as an out-patient procedure taking approx. 10-15 mins. It is normal to have a feeling of something in the throat (slight pressure, or mild throat irritation like at the start of a cold) for the first few hours of the measurement. The probe can be seen from the outside (see photo). It is important to do whatever you would normally do during the day for the measurement (eating, lying down, exercise, etc.). After 24h, you return to the practice, and we remove the probe.
- ❑ **4. Wireless acidity measurement (Bravo system).** For this measurement, a small capsule is applied to the lower end of the oesophagus (gullet) as part of an oesophagogastroduodenoscopy procedure (see first point). The data are transferred wirelessly to a device worn on your belt. Please do not carry your mobile phone near to the recording device. In most cases, you will not be aware of the capsule in your oesophagus, but in rare cases patients describe feeling a pressure sensation behind the breastbone. After 24/48h, you bring the device back to us at the practice. Please make sure to bring back the device on time. After approximately 1 week, the device generally becomes detached from the oesophagus and would then be excreted during a bowel motion. You should avoid hard, dry foods (e.g. bread crusts, large pieces of meat) for the duration of the investigation. The measurement should not be carried out if you take medications to thin your blood (anticoagulants), or if you suffer from a coagulation (bleeding) disorder or have a nickel allergy.



see overleaf



Preparation: For the measurements (points 3 & 4) it is important to stop taking certain reflux medications, PPIs (Nexium, Pantoprazole, Esomep, Esomeprazole etc.) 10 days before the investigation. In exceptional cases, the measurement can still be carried out despite continuing treatment with a PPI: you will be informed of this explicitly if this is the case. If you suffer from severe heart burn, you can take Alucol, Riopan or Gaviscon gel as an alternative. Please ensure you fast prior to your appointment, i.e. no eating or drinking for the past 6 hours, with small sips of water allowed up to 2 hours before the test.

To find out more:

For more information about the investigation, please get in touch with our practice directly. If you suffer from a highly sensitive gag reflex, then please let us know beforehand so that we can adapt how we plan our investigation. The results of the investigations will be discussed with you at a later time during a consultation, or else you can discuss the findings report with your GP.

We would like to thank you again for preparing thoroughly before the investigation.

We look forward to seeing you! Your GGP Team

Your appointment will take place in the practice at Bubenbergplatz 11 (directly adjacent to the Crafts Centre on the 2nd or 3rd floor).

- Gastroscopy:** on at _____ on the 2nd floor.
- Oesophageal manometry:** on _____ at _____ on the 3rd floor.
- Impedance-pH measurement with oesophageal manometry:**
on _____ at _____ on the 3rd floor.
- Impedance-pH measurement:** on _____ at _____ on the 3rd floor.
- Gastroscopy with Bravo measurement:** on _____ at _____ on the 2nd floor.
- Consultations:** on _____ at _____ on the 3rd floor.

Please bring your insurance card and all relevant medications, allergy documents, anticoagulation records etc. with you.