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Information sheet on Impedance-pH Measurement

Gastroenterological examinations into acid reflux (increased back-flow of acidic stomach contents into the oesophagus and mouth) have been requested for you. 2 different examinations are required for this:

1. **Inspection of the oesophagus and the stomach (oesophago-gastroscopy).** This examination involves carefully inserting a flexible tube which allows for viewing into the body (endoscope) into your mouth while you are asleep. It is passed down your oesophagus, passing through your stomach, and into the duodenum. The examination takes around 10-15 minutes and is carried out whilst you are under short-term general anaesthesia. To ensure for optimal visibility inside the body, the upper section of the digestive tract must be completely empty: i.e. you must not drink for 2 hours or eat anything for 6 hours running up to the examination (see the information sheet on preparation for gastroscopy).
2. **Impedance-pH Measurement** is carried out using a 3mm-wide catheter which is inserted into the nose. The measurements are carried out on an out-patient basis and are taken over a total period of 24 hours. It is normal to have the feeling of a foreign body in the throat (slight pressure, or the beginning of throat pain similar to getting the flu) in the first few hours of measurement. It is important for you to stick to your normal daily routine as much as possible during the measurement period (eating, lying down etc.). After 24 hours, the probe will be removed, and the evaluation of the results will be discussed with you in a subsequent consultation with the doctor.

As a general rule, it is important that no antacid medications (Nexium, Pantoprazol, Esomep, Esomeprazol etc.) are taken for 10 days leading up to the examination. In some exceptional cases, however, these medications have to be continued. If this applied to you, you will be explicitly informed. You should come in on the examination day on an empty stomach, i.e. not having eaten or drunk anything in the past 6 hours. On the day when acidity measurements will be taken out, you may require a doctor's note for absence from work, as the probe will be visible.

Do you have any questions?

If you have any further questions regarding the examination, then please contact our clinic directly.

Please bring your medical insurance documents/card with you.

We thank you in advance for carefully following the preparatory steps.

We look forward to seeing you soon, your GGP Team