



How to Prepare for the 24 hour pH Study

Your health care provider will ask you to fast (no eating and drinking) and avoid smoking after midnight before the test.

Some drugs may change the test results, and your health care provider may ask you to not take those for 24 hours before the test. These substances may include:

- Antacids
- Anticholinergics
- Cholinergics
- Adrenergic blockers
- Alcohol
- Corticosteroids
- H₂ blockers
- Proton pump inhibitors

Stop any PPI 5 days before the test (Protonix, Prevacid, Aciphex, Nexium, Prilosec)

Do not stop any other medication unless told to do so by your health care provider.

How the Test Will Feel

You may experience a brief gagging sensation as the tube is passed through your throat.

Why the Test is Performed

Esophageal pH monitoring is used to check how much stomach acid is entering the esophagus, and how well it is cleared. This test can also be performed during endoscopy by clipping a pH monitoring device to the lining of the esophagus. In infants, this test is usually used to evaluate the absence or presence of GERD and associated excessive crying or other problems.

Normal Results

Normal values vary from person to person, and with different equipment and technique.

What Abnormal Results Mean

An increased frequency or duration of acid in the esophagus often correlates with:

- Heartburn
- Gastroesophageal reflux disease (GERD)
- Esophageal scarring
- Reflux esophagitis
- Dysphagia (a late symptom of esophageal scarring)
- Barrett's esophagus