

Esophageal Motility and 24-Hour pH Study

Date of Procedure: _____

Arrival Time: _____

Procedure Location: **Turtle Creek Office**
 15 Turtle Creek Dr.
 Asheville, NC 28803

This procedure generally takes 45- 60 minutes to complete. A certified medical assistant will prepare and explain the procedure to you. A topical anesthetic (like Xylocaine) will be placed in your nose and sprayed in the back of your throat. A thin, soft tube is then gently inserted into a nostril and fed into your esophagus for the motility study. You will be given various commands such as taking a sip of water, breathing deeply, and not talking.

The tube is then removed and replaced with a smaller tube, which will remain in place for the next 24 hours. The tube is attached to a recording monitor. In case of technical issues, you will be given a diary to document meals, sleep times, and symptoms. You should maintain a normal daily schedule during the course of your study. You must return the following day to have the tube removed and to return the diary.

Week prior to your study:

The majority of time the 24-hour probe study is performed while “OFF” of your acid-reducing medication. These are usually held for 1 week prior to your study. Then for a small percentage of patients, this study is performed while taking the acid reducing medication. You will be given instructions as to which to follow.

Patient Notes as to which to follow:

OFF Acid-Reducing Medications x 1 week

Continue to take your Acid-Reducing Medications

Day of procedure:

Do not eat or drink anything after midnight on the day of your procedure. Oral and Insulin diabetics should NOT take their medication on the day of the procedure but bring them with you.