



## PREPARING FOR REFLUX TESTING

Digitrapper™ Reflux Testing System

An innovative solution to evaluate your  
gastroesophageal reflux symptoms on  
or off anti-reflux therapy

**Medtronic**  
Further, Together



## WHY TEST FOR GERD?

Do you have frequent indigestion or a burning sensation in the center of your chest? Do you regularly get sour or bitter fluids in your throat or mouth? Do you avoid lying flat or bending over to prevent acid back up in your throat? If you answered "yes" to any of these questions, you might have chronic (more than twice per week) heartburn or GERD (gastroesophageal reflux disease). The heartburn can be severe and may interfere with your daily routine.

Frequent or chronic heartburn may be associated with a more serious disease known as GERD. Damage caused by GERD can lead to more serious medical problems such as difficulty swallowing (dysphagia), narrowing of the esophagus (strictures), and Barrett's esophagus.

The Digitrapper™ reflux testing system is a **minimally invasive test** for evaluation of heartburn or related symptoms. Your physician will analyze results from this test to understand the root cause of your symptoms and **determine the appropriate treatment** for you.



## HOW IT WORKS

After administering a local anesthesia, your physician will place a Digitrapper™ reflux catheter into your esophagus. The catheter probe is connected to a small recording device called a pH recorder.

Throughout the test period, the Digitrapper™ reflux catheter will **measure the pH in your esophagus** and transmit this information to the Digitrapper™ reflux recorder, worn on your belt or waistband just like a mobile phone. Once the Digitrapper™ reflux catheter has been placed and you have been instructed how to use the recorder, you can leave your physician's office and **go about your normal activities.**

Once the test has been completed, please follow your physician's office instructions on where to get the reflux catheter removed and return the recorder. Your physician will transfer the test data and upload to a computer. The information will be analyzed by your physician to diagnose your condition.

### Patient-friendly reflux testing

- Monitors symptoms during your regular activities
- Captures and records reflux events even if you are on anti-reflux therapy

## WHAT TO EXPECT

The catheter probe takes only moments to place in the esophagus. **The test period lasts 24 hours.**

Some patients may feel a slight irritation in the back of their throat. Should you experience this, chewing food carefully and drinking liquids may minimize this sensation.

Your physician will instruct you how to use the Digitrapper™ reflux recorder. Symptom keys on the pH recorder allow you to record your mealtime, sleep periods, and reflux symptoms. You will also be given a diary to write down the times when you have reflux episodes (coughing, heartburn, regurgitation), when you eat, and when you lie down. Follow your physician's instructions on when to press keys to record episodes. Your physician will correlate these events and episodes with acid levels in your stomach.

**Please do not remove the battery or get the unit wet during the study.**



# ANSWERS TO YOUR QUESTIONS

## What are the benefits of the Digitrapper™ reflux testing system?

The Digitrapper™ reflux testing system is a catheter-based, **minimally invasive study** that records the amount and acidity of stomach contents backing into the esophagus. You are free to **go about your daily routine during the test.**

This test allows for evaluation of reflux symptoms, both on or off reflux medication.

## Will the test restrict my diet and activities?

No. One of the added benefits of the Digitrapper™ reflux catheter is **you may eat normally** and go about your daily routine.

## What happens after the test?

After the test is complete, please follow your physician's instructions on where to get the reflux catheter removed and return the recorder. The data captured on the Digitrapper™ reflux recorder during the procedure will be downloaded to a computer. Your physician will review the reflux episodes and how they relate to physical activity, meals, symptoms, etc.

## Important Reminder

This brochure is intended to supplement the direction and explanations from your physician regarding the Digitrapper™ reflux testing system. It does not replace your physician's care, advice, and specific instructions regarding the preparation for your procedure. Should you encounter any difficulties or discomfort during the study, call your physician immediately.

**Your procedure is scheduled for:**

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**Instructions from physician or nurse:**

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**For additional information call:**

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**Caution:** Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner. Rx only.

**Risk Information:** The risks of catheter insertion into the nasal passage associated with the Digitrapper™ pH and impedance testing system include: discomfort, nasal pain, minor bleeding, runny nose, throat discomfort, irregular heartbeat with dizziness, and perforation. In rare instances, the catheter may be misdirected into the trachea causing coughing or choking, or the catheter may shift up or down causing false results. Medical, endoscopic, or surgical intervention may be necessary to address any of these complications, should they occur. The system is not compatible for use in an MRI magnetic field. Please consult your physician for further information.