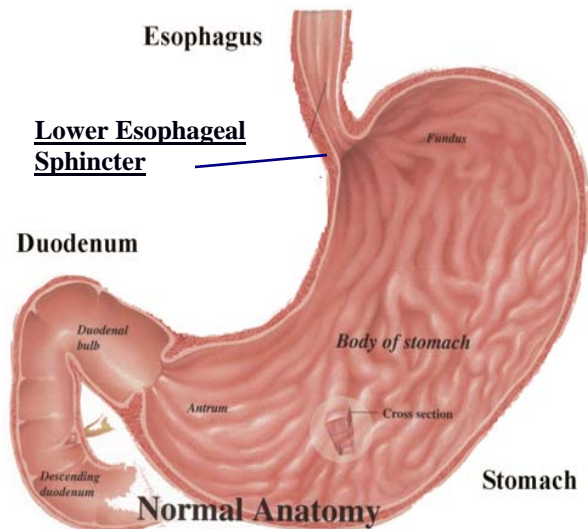


GastroEsophageal Reflux Disease

Gastroesophageal Reflux disease or GERD is the abnormal movement of the contents of the stomach up into the esophagus. This usually includes acid which is an irritant to the lining of the esophagus and can produce pain, cause aspiration and lead to changes in the lining of the esophagus that can progress to the formation of cancer. There are a number of different abnormalities that can lead to GERD. The diagnosis and treatment can therefore require several different pieces of information that can only be obtained through several different studies. The 24 pH study and Esophageal Motility study are therefore complimentary to Upper Endoscopy and a Barium Swallow Study.



Your procedure has been scheduled for
____-____-____ at _____

You should discontinue your PPI on
____-____-____

You should discontinue your H-2 Blocker
____-____-____

William H. Gentry, MD FACS



COMMITTED TO EXCELLENCE

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24 HOUR PH & ESOPHAGEAL MOTILITY TESTING

William H. Gentry, MD FACS



24 Hour pH Testing

Testing the pH of the esophagus allows your physician to determine if acid is washing up into your esophagus from the stomach (a process called reflux). A small catheter passed through the nose is connected to a digital recording device and worn for 24 hours. Testing over 24 hours allows us to see how much acid and for how long the acid is exposed to the esophagus. By simultaneously recording the events in your daily life we can correlate the acid exposure with such things as, work, sleeping, eating and even medication use. Further we can correlate this with your symptoms. All of this information is stored in a small device not much bigger than a pager. Once it is returned the information can be put on a computer that analyzes all the data and delivers a score that has been correlated with Gastro-esophageal reflux disease.

ESOPHAGEAL MOTILITY TESTING

Esophageal Motility testing assesses the movement of the esophagus. A small catheter with four different points for recording pressures in the esophagus, is placed through the nose and into the esophagus. While in place you will be asked to swallow at various times in order to study the **Lower Esophageal Sphincter**, the main **Body of the Esophagus** and the **Upper Esophageal Sphincter**. This study allows the detection of certain abnormalities in the muscular contractions of the esophagus as well as identifying patients that may or may not be appropriate candidates for an anti-reflux operation. Unlike the pH study, this only tests the motility at one point in time and therefore may not pick up infrequent or intermittent spasms of the esophagus.

Preparation for the Study

There is very little preparation involved for these studies, however there are certain medications that can interfere with the study.

- * You should avoid taking anything by mouth in the morning, prior to the study.
- * If you are taking a PPI (proton pump inhibitor) these should be discontinued for two weeks prior to the study. These medications include:

Prilosec *Nexium* *Prevacid*
Aciphex *Protonix*

- * You may take an H-2 Blocker for up to 72 hours before the study. These include:

Tagamet *Zantac* *Pepcid*
Axid

- * If you are on a pro-motility agent these should be discontinued 48 hours before the study. These include:

Reglan *Propulsid*

Wear loose fitting clothing and avoid too much make-up for the study.