

## Impedance and pH Study for Adults

### What is an impedance and pH study?

This test measures how much acid reflux and non-acid reflux you have. Everyone has some reflux from their stomach into their esophagus. This test will determine whether the amount of reflux you have is abnormal.

### How to get ready for the test?

- **Do not** eat food or drink liquids for at least **two hours** before the test
- **Do** continue all your other medicines as you usually do.
- **Your doctor will instruct you whether or not to take reflux/antacid medicines for this test.**

### What is done during the test?

The impedance probe is a long thin tube that is inserted through your nose and into your esophagus. Before the probe is inserted, the nurse will place gel into your nose that makes your sinuses slippery and helps diminish your discomfort. The probe will be mildly uncomfortable during insertion, and this is normal. Once the probe is placed in its final position, the nurse will tape it to your nose, face and neck. You will feel the probe in your throat for the duration of the study. A mild sore throat is common.

The probe is attached to a recorder, which you will take home with you. The nurse will explain the proper use of the recorder. You will also go home with a journal. The nurse will explain the proper use of the journal.

**This test attempts to capture a “normal” day in your life, so try to maintain all regular activities (eating, exercise, sleep, etc.) as much as possible**

### How long will the test take?

The probe needs to be in for 22 hours. The nurse will provide you the time and place your probe can be removed the next day.

### How do you get your test?

If you are being seen at National Jewish Health, one the day of your scheduled test, check in at the front desk in the adult clinic. If you have questions before or during your test, please call 303-270-2424. If you need to cancel or reschedule your appointment, please call 303-398-1355.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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