

24 Hour pH/Impedance Probe Test

What is a 24 Hour pH/Impedance Probe Test?

The test is normally done when Gastroesophageal Reflux Disease (GERD) is suspected. GERD is caused by stomach contents coming up into the esophagus. It may cause symptoms such as chronic coughing, vomiting, hoarseness and pain. The results of the pH/impedance probe test will help your child's doctor decide what treatment, if any, is needed. This test may also be used to find out if current treatment with acid blocking medicine is helpful.



- The pH part of the test monitors the acid reflux in the esophagus.
- The impedance part of the test monitors how fluids and foods move in the esophagus. It also monitors the air expansion of the esophagus.
- The 24 Hour pH/Impedance monitoring is done to see if there is a relationship between symptoms and reflux episodes.

How is it done?

The probe is a small flexible tube with sensors on the tip and inside the tube. The sensors in the tube will record the acid levels and the expansion in the esophagus. The tube goes in one nostril and is gently moved down into the esophagus. Your child may be awake while the tube is placed. It may cause your child to gag, sneeze or get tears in their eyes. An x-ray is done to check that the tip of the tube is in the right place. The tube will be taped in place.



The probe is then attached to a small recorder that your child carries with them. The test will record information for up to 24 hours. The probe needs to stay in place until the test is done. Your child may be able to go home overnight while the tube is in place.

Will this test hurt?

Having a tube passed through the nose is uncomfortable. Most children get used to the tube in about 1 or 2 hours.

What needs to be done before the test?

- Your child should not eat any solids or drink any liquids for 4 hours before the test.
- The medical provider ordering the test should tell you if antacid medicines need to be stopped before the probe is placed. **If it is recommended that antacids be stopped, sure to stop them three days before to the date of placement. Please check with your healthcare team if you do not have this information.**
- Instructions for any other tests or procedures being done at the same time will be shared with you.

How happens during the test?

- Your child should eat and drink as normally as possible. This is important for the test to be successful. It is best if your child eats at least three meals before ending the study.
- **Your child should continue with normal activities.**
- **You will need to push buttons on the recorder and keep a paper log of symptoms and activities during the test. Some examples are: coughing, crying, pain or refusal to eat. You will also log when your child sleeps, is awake, the start of a meal and end of a meal.** Pressing the buttons and logging these items is important. This will help the doctor look at your child's symptoms as they relate to any reflux events.
- **Do not let the recorder get wet.**
- **Your child cannot use a cell phone** during the test.
- It is important that your child does not pull out the probe. We will discuss ways to keep your child from pulling the tube out. If the probe is pulled out at home before the test is done, you need to record the time on the log. The test will end at that time. You will return the probe and recorder as scheduled.



How will the probe be removed?

The probe is removed when the test is done. If you are at home, you will need to come back to the hospital to have the tube removed. You will come to the GI clinic on the 7th floor of the clinics building. It only takes a few seconds to pull out the tube. **Be sure to return the log at the time the probe is removed.**

How do I find out the results?

It may take up to 14 days for the doctors to review the test recordings and have the final results. A letter will be sent to your primary doctor and/or the doctor who requested the test. The healthcare team who ordered the test will call you with results. If you have any questions about the results, please call your doctor.

ALERT: Call your child's doctor, nurse, or GI Center at 414-266-6169 if you have any concerns or if your child has special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.