



QUEEN CITY

GASTROENTEROLOGY & HEPATOLOGY

320 Lillington Ave, Suite 101

Charlotte, NC 28204-3189

24-Hour pH Pre-Test Instructions

Date of Procedure: _____ **Arrival Time:** _____

Please review with your provider whether the testing shall be done **on medications** versus **off medications** and adjust accordingly. Also, be sure to update your medication list with the Medical Assistant. You have been instructed to stop the following medications for this test;

1 DAY PRIOR TO YOUR EXAM:

- Please do not take any antacids (Tums, Rolaids, Maalox, Mylanta, Carafate, Etc.) for 24 hours prior to the test unless otherwise instructed by your physician.
- Do not eat or drink anything after midnight the night before the test. No Solid food until after the procedure. Stay hydrated!

THE DAY OF YOUR EXAM:

- **REMEMBER do NOT have any food until after the procedure!**
- You may drink water **until three hours prior** to your scheduled arrival time.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure *unless otherwise instructed by your doctor*. If you take *insulin*, take only ½ of your usual morning dose and bring the insulin with you to the procedure.
- You may take your usual medications (i.e. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water, **AT LEAST 2 HOURS PRIOR TO YOUR ARRIVAL TIME**.
- Please note: You will not be sedated for this procedure; therefore you will not need anyone to drive you home. The procedure takes approximately one hour to ninety minutes.
- You need to wear a shirt or blouse that buttons up the front and is comfortable.
- Please arrive to the clinic on time and bring with you your insurance card/or any insurance updates.
- You will receive a sheet of instructions. Please follow them carefully. You should maintain your activities as close as possible to your usual routine. You probably will need to take the day off at work, as you will have a small tube taped in place on your face. You will be able to return to work after the tube is removed the following day.

If you have any questions, please contact the **QCGH office at 704-362-4403**.