

Esophageal Motility and 24 Hour Ph Study

(ON Acid Reducing Meds)

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

Procedure Location: **191 Biltmore Ave, Asheville, NC 28801**

This procedure generally takes 45-60 minutes to complete. A certified medical assistant will prepare and explain the procedure to you. A topical anesthetic (like Xylocaine) will be placed in your nose and sprayed in the back of your throat. A thin, soft tube is then gently inserted into a nostril and fed into your esophagus for the motility study. You will be given various commands such as taking a sip of water, breathing deeply and not talking. The tube is then removed and replaced with a smaller tube, which will remain in place for the next 24 hours. The tube is attached to a recording monitor. In case of technical issues with the monitor, you will be given a diary to document meals, sleep times and symptoms. You should maintain a normal daily schedule during the course of your study. You must return the following day to have the tube removed and to return the diary.

Day of procedure:

Do not eat or drink anything after midnight the day prior to the procedure. Oral and Insulin diabetics should NOT take their medication on the day of the procedure but bring them with you.