

After the Exam

When the procedure is complete you will be allowed to drive yourself home **if you have not received sedation**.

You may resume your normal diet and medications (except stomach/ heartburn medications), unless otherwise instructed.

Your throat may be sore for one to two days after the procedure. You may want to gargle with warm salt water to relieve some of this discomfort.

With the insertion of the Bravo Catheter-free capsule, some people may note chest pain, especially if chest pain was a symptom prior to treatment for Reflux. However, if the chest pain increases or causes concern, please contact your primary MD or Dean on Call immediately.

You may resume normal activities, including work the same day, unless you received sedation.

You will be asked to return to the SSM Health Digestive Health Center in either 24 or 48 hours to have the tube removed and/or drop off the recorder.

A physician will interpret the data and you will receive a letter with the results after about 10 days.

FOR CONCERNS AFTER THE PROCEDURE
call the SSM Health Gastroenterology
Department at

608-260-3405

OR

FOR AFTER HOURS EMERGENCIES, CALL
Dean on Call at either

1-800-57-NURSE

OR

608-250-1393

Visit <https://www.ssmhealth.com/locations/location-details/digestive-health-center>
for more information

Directions and parking

Driving: Hwys 12, 14, 18, 151, and I-90 all intersect with the W. Beltline Hwy.

- From the **Beltline**, take the **Park Street exit** traveling north. Merge left onto Park Street and take a left on **Erin Street**. Then take the first left on to **Brooks Street**.
- The entrance to the SSM Outpatient Center is on your left.
- We encourage you to use the complimentary valet services offered at the main entrance of the Outpatient Center. Valet hours are 7am - 5pm
- You may also park in the ramp. Please bring in your parking ticket so we can validate it when checking in.
- After parking, proceed to the elevator and go to the **1st floor**, that is where the Digestive Health Center is located.



700 South Park Street

Madison WI 53715

Phone: 608-229-7575

Toll-Free: 877-229-7575

[ssmhealth.com](https://www.ssmhealth.com)

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Your pH Study

For Your Information

**Please read
at least 2 days
prior to exam**

pH Study

The pH study allows your doctor to measure if acid is coming up from the stomach and how long these episodes last. This is called “gastroesophageal reflux” or “heartburn”.

There are two options for this study.

The first option is the Bravo Catheter-free pH monitoring system, which involves passing a soft, narrow tube, with a capsule on the end, through the mouth into the swallowing tube (esophagus). After the capsule is attached to the esophagus, the tube used to place it is removed. This capsule can be placed at the time of an endoscopy procedure with sedation, but endoscopy and sedation are not necessary. A recorder the size of a cell phone is used to record signals from the capsule. The recorder must stay within 3 feet of the patient during the study since the capsule and recorder communicate via radio-telemetry. This system will record up to 48 hours of data. You will be given a sheet of paper and instructed to keep a diary of food intake, activities and symptoms. Several days after the test, the capsule naturally falls off the wall of the esophagus and passes through the



digestive tract. It is then expelled out of the body through a bowel movement and you may or may not be aware of its' passing. The recorder and diary will need to be returned to the SSM Health Digestive Health Center 48 hours after placement.

The second option is the 24 Hour Catheter system. This option does not require an endoscopy procedure nor sedation at the time of placement. It does involve passing a soft, narrow tube, usually down through the nose into the swallowing tube (esophagus). The catheter is then taped to the nose, and connected to a small recorder that records for 24 hours. You will be given a sheet of paper and instructed to keep a diary of food intake, activities and symptoms. You will need to return in 24 hours to have the catheter removed, and the recorder and diary collected. Once the catheter is removed you will be able to resume or restart your medication, unless your doctor told you otherwise.

Both studies require a diary of food intake, activities, and symptoms. It is important to note in the diary when lying down or sitting upright. You will also need to indicate any medications you take during this 24 hour period of time.

This is a very safe exam and complications are rare.

Preparing for the Exam

You will receive a letter from the SSM Health Digestive Health Center approximately 2 weeks prior to your exam. Please arrive at the time indicated on your letter.

The catheter free study can be done at the time of a gastroscopy and only adds a few minutes to the procedure time. When done without the gastroscopy, both the catheter and catheter free studies take about 15-20 minutes to complete. But plan on being at the SSM Health Digestive Health Center for about an hour.

If you have this procedure without the gastroscopy, there are no medications given. Therefore, you will be able to drive yourself home. A SSM Health Digestive Health Center pre-admission nurse will call you a few days prior to your test, between 9 am and 4:30 pm, to obtain a health assessment. You may contact him/her, if you wish, at 1-877-229-7575 or locally at 229-7575. This person will review these instructions and answer any questions you may have.

SSM Health will provide appropriate auxiliary communication aids and services to patients and their families with limited English proficiency in accordance with applicable State and Federal Regulations, and at no cost to the individual.

Special Instructions to Follow BEFORE Your Exam

1. Do NOT eat or drink anything after midnight for MORNING procedures. For AFTERNOON procedures you may have a clear liquid breakfast (coffee, broth, tea) and then nothing to eat or drink for six hours prior to your appointment.
2. Unless otherwise instructed, **stop taking your heartburn or stomach medications five (5) days prior to your exam and until your exam is completed.** These medications may include Aciphex (rabeprazole), Axid (nizatidine), Nexium (esomeprazole), Pepcid or Pepcid AC (famotidine), Prevacid (lansoprazole), Prilosec (omeprazole), Protonix (pantoprazole), Tagamet (cimetidine), Zantac (ranitidine).
3. If you take insulin or oral medications for diabetes, you will need to adjust your dosage. You will not be eating or drinking for most of the day. **Please discuss this with your primary doctor.** If you develop insulin shock due to low blood sugar, you will need to treat it with orange juice or hard candy immediately. Please contact us if this happens so we can determine if the exam can still be performed. It may need to be rescheduled.
4. You should take your regular morning medications (except heartburn or stomach medicine) with a small sip of water before 7 AM. If you have an inhaler(s) or nitroglycerin tablets please bring these in with you.

Day of the Exam

Please arrive at the time indicated on your letter. Parking is available at the SSM Health Outpatient Center. The ramp is located on the corner of Park Street and Erin Street. This ramp is for patients & visitors and does require some form of payment to exit. All exits are automated and will accept cash, credit card or a validation sticker. The Digestive Health Center will

offer each patient a onetime parking validation sticker. **Please bring your parking entrance ticket in to the Digestive Health Center check-in for a validation sticker.** The SSM Health Digestive Health Center is located on level 1 of the SSM Health Outpatient Center, which is connected to the Park Street Ramp.

The receptionist at the center will need your insurance card, including Medicare card if you have one, and a photo ID. If your insurance requires a co-pay, you will be asked to pay it when you arrive. Feel free to contact our billing department at 608-250-1336 or toll free at 1-800-222-5962 before your procedure should you have questions. For Insurance Coverage questions please contact your Insurance Company. Most companies list a phone number on the insurance ID card where you can contact them with questions regarding the policy.

Remember to bring reading glasses if you use them.

Once you are registered, the admission staff will prepare you for your procedure. Your physician will review the need for the procedure, explain the risks involved, and answer any questions concerning the procedure.

During the Exam

One of these systems will be selected for you by your physician:

BRAVO CATHETER FREE SYSTEM: If performed at the time of an endoscopy, you will be sedated and probably unaware of its placement. If it is placed at a later date from your gastroscopy, you will be seated or asked to lie on your left side. A small tube will be passed through your mouth and into your esophagus. You will be asked to swallow frequently to help it pass more easily. The capsule is then attached to the side of the esophagus and the tube used to place it is removed. After it is in place, the nurse will go over instructions with you.

24 HOUR CATHETER SYSTEM: While you are seated, the tube will be passed through your nose into the esophagus. You will be asked to swallow frequently, to help the tube pass more easily. When it is in place, it will be taped to your nose and the nurse will go over instructions with you.