

What should I expect when I return to have the catheter removed?

This appointment takes only 5-10 minutes. The recorder is stopped and the catheter removed. Removing the catheter only takes 2-3 seconds and is not uncomfortable. The staff will want to look at your diary sheet with you to ensure that we have all the relevant information.

When will I know the result?

The information on the recorder is transferred to a computer and the results are printed. The printout will need to be carefully analysed by the doctor and your specialist will receive a copy of the final report, usually within two weeks of the test.

Getting to The Royal London Hospital

By Rail

The nearest mainline station is **Liverpool Street**.

By Underground

The nearest underground station is **Whitechapel**, which is directly opposite the hospital's main entrance (**District**, **Hammersmith & City** and **East London** lines).

By Bus

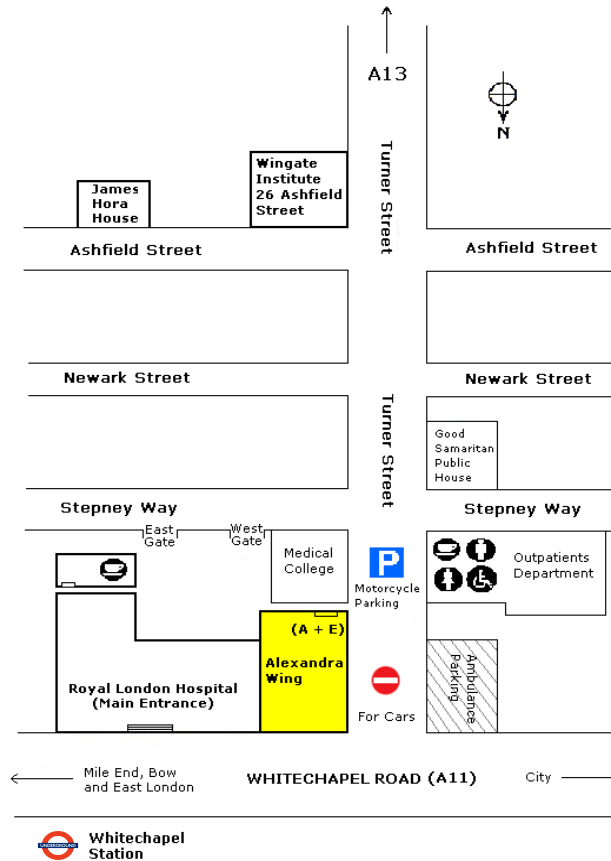
Routes **25, 106, 115, 205, 253, 254** and **D3** stop directly outside or close to the hospital.

Car parking

There are no dedicated car parking facilities for patients or visitors. However, there are a small number of public parking spaces for people with disabilities outside the hospital in Stepney Way. Metered parking bays are in operation in the streets surrounding the hospital.

Finding the Endoscopy Unit

From the main entrance, go past the reception and take the first corridor on the right. Walk down the corridor until you come to the wooden staircase. Take the stairs or lift to the basement. The Herman Taylor Endoscopy Unit is to the left hand side of the staircase. Go to the departure lounge and tell the receptionist you have an appointment with GI Physiology.

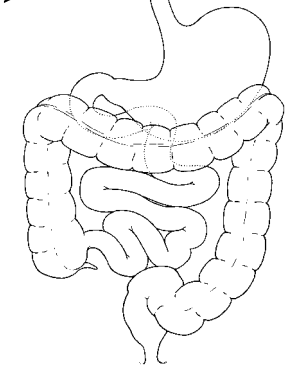


Cancelling Your Appointment

If you cannot keep your appointment, please let us know as soon as possible. This will enable us to offer the appointment to another patient. Please remember that patients who fail to attend appointments not only waste hospital time but increase the waiting list for all patients.

Please phone 020 7377 7184 to change or cancel your appointment.

GI Physiology Unit



Barts and The London **NHS**
NHS Trust

PATIENT INFORMATION GUIDE

on
24 hour
Oesophageal
pH monitoring

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This leaflet is intended to answer some of the questions you may have about your forthcoming 24-hour oesophageal pH test. Please do not hesitate to ask if there is anything further you would like to know.

Why do I need the test?

The test measures the amount of acid that comes up (refluxes) from your stomach into your gullet (oesophagus) and will help to find out if your symptoms are caused by acid reflux.

What should I expect?

Before the Test:

You should stop taking indigestion medication for up to one week before the test so that we can obtain an accurate assessment of the amount of acid that is refluxing. Your appointment letter will tell you how long you should stop taking your medication.

You should continue taking medication for other conditions as normal, e.g. diabetes, epilepsy, heart conditions.

You should not eat anything in the six hours before the test but you may continue to drink water up to one hour before the test.

You are advised to wear a separate top and a skirt or trousers as the catheter is inserted under your top and attached to a machine which is worn on a belt around the waist.

On Arrival:

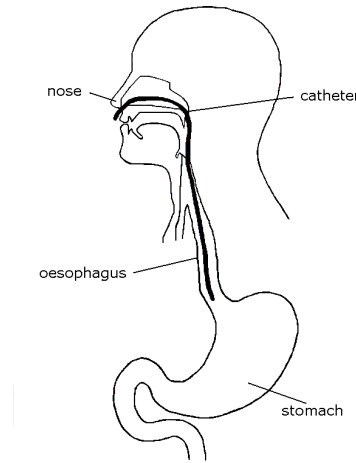
The clinical staff will explain the procedure to you and ask you to sign a consent form. This is to ensure that you understand the test and its implications.

They will also ask you a series of questions about your symptoms and the medication you have taken for them. **Please bring a list of your medication with you.**

During the Test:

You will be made comfortable on a couch, sitting upright. The investigator will then pass a very fine sensory catheter through your nose and into your oesophagus. You will not be put to sleep or sedated in any way as you should feel only a slight discomfort from this. The catheter will remain in place for the duration of the test (about 24 hours) and is attached to

a recording machine, not much larger than a 'Walkman', which is worn on a belt around the waist. You will be asked to complete a diary detailing food and drink and sleep times during the period of the test.



How do I complete the diary sheet?

The clinical staff will explain this to you at your visit. Most importantly, we want you to record when you experience your symptoms, e.g. heartburn, regurgitation, pain. You do this by pressing the button on the recorder every time you become aware of your symptoms (this inserts an electronic mark on to the recording).

You will need to write down everything you eat and drink, noting the start and finish times.

Will I be able to feel the catheter?

You may be aware of the catheter in the back of your throat throughout the test but most patients find they become less aware of it with time.

Will I be able to eat and drink as normal?

We especially want you to continue with your normal diet throughout the test as we need to see what happens during a normal day. The catheter may move very slightly as you eat and it may feel strange but we would like you to persevere as it is important to know what happens after mealtimes.

Will I be able to sleep?

The waistband can be undone to allow you to place the recorder, still attached to you, under your pillow or on a bedside table. Again it is important that you sleep in your normal position and record any symptoms that disturb you during the night.

May I drive a motor vehicle?

The medical advice is that you should not drive during the test since you may be distracted. **If you are coming by car, please ensure that you are accompanied to the appointment by a driver.**

What happens if I need to cough, vomit or blow my nose?

The catheter will be securely taped to your cheek and behind your ear and is not likely to move on these occasions. Very rarely, the catheter can be vomited back up into your mouth and in this situation you will have to remove it. To do this, untape the catheter from your face, take a deep breath in and pull it out from the nose. Then place all the equipment in a plastic bag and return as arranged.

May I take any medication for indigestion during the test?

Please do not take any indigestion medication during the test as all medications for indigestion have the effect of reducing or masking the amount of acid present and, therefore, will give us an inaccurate result.

Will I be able to go to work?

If possible, please follow your normal daily routine. However, if you feel it inappropriate to remain at work, do be as active as you normally would be at home.

Will I be able to take a bath or shower?

The recorder must not get wet and therefore, baths, showers and swimming are not permitted.

Can I damage the equipment?

The equipment is expensive and we ask you to treat it with care. The catheter is particularly vulnerable and if it catches on a door handle, for example, it will be irreversibly damaged. It is therefore advisable to wear a loose top over the recorder and catheter to protect against this.

What should I do if I can not tolerate the presence of the catheter?

In this unlikely event, you can remove the catheter yourself. To do this, untape the catheter from your face, take a deep breath in and pull it out from the nose. After removing the catheter, place all the equipment in a plastic bag and return for your appointment as arranged. Obviously, if this happens, we will gain less information about your condition.