

Your child's 24 hour pH study to test for acid reflux

Children's Gastroenterology

Information for Patients

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Introduction

Your child has been referred for a pH study. A pH study is a test that measures gastro-oesophageal heartburn (reflux) (GOR).

The stomach contents are brought back up into the food pipe (oesophagus). The pipe takes food from the back of the mouth to the stomach.

The pH study will help to see if your child has GOR, how severe it is, and if any treatment is needed.

How does a pH study work?

The tube will be passed by

- the doctors when the patient is asleep in the operating room, or
- one of the nurses on our Day Care Unit
- A nurse or doctor passes a thin probe through the nose. It goes down the back of the throat. It sits near the bottom of the food (oesophagus). We attach the other end of the tube to a small box. The box records the amount of acid that comes back up from the stomach in a 24 hour period.

After the tube has been passed, we tape it to your cheek. We will then take an X-ray to check it is in the correct position. Sometimes we may need to adjust the tube. We push it in further or pull it out a little. Once this is done the study will start. The nurses will show you how to use the system. You can eat and drink normally once the tube has been passed.

You can take your child home. You need to come back to the hospital 24 hours later when the study has finished. We will remove the tube. You can then go home. It does not hurt to

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have the tube taken out.

The results of the study will be available at your child's next clinic appointment.

Important information

- **Your child must stop all antacid medicines (such as Omeprazole, Ranitidine or Gaviscon) 2 days before the procedure.**
- **Your child must not eat or drink anything for 2 hours before the test.**

Are there any risks with this procedure?

- There are minimal risks when the pH probe is inserted such as sneezing, discomfort in the nose and sometimes a sore throat.
- There is exposure to minimal radiation dose when the chest X-ray is done to check the pH probe is in the right place.
- There is chance the pH probe may move out of place if your child finds it difficult to tolerate or becomes upset.

What if the tube comes out?

If the tube comes out overnight, please keep the box safe. Return to Day Care as planned in the morning. If we do not have enough information on the study, we may need to repeat it. If we do, this will be with us as a stay in hospital as an inpatient.

pH studies are normally done at home. There may be certain times where your child needs to stay in hospital overnight for this to be done.

During the study

- Please take care of the box. If it is dropped it may stop recording. The study will need repeating.
- Record all events on the chart on pages 4 and 5. This includes meals/feeds, symptoms and sleep times.
- If you have any symptoms, push the large button as soon as you notice them but only once per event.
- Please make a note if the button is pressed accidentally or there is any other untoward event.



Contact details:

Children's Day Care Unit 0116 258 6317 or 0116 258 6922 (from 8am until 6pm)

Space for any notes or questions:

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk

Parent agreement and record form

PATIENT LABEL HERE

I agree to take full responsibility for the pH box whilst

..... is on the 24 hour study.

I agree to return it:

to..... on..... at.....

If I cannot bring the box back on this date I will ring the ward to

tell them on

Please note that failure to return the box will mean a delay in your child's results. Another child will not be able to use the equipment.

