

RESTECH LPR pH MONITOR

PLEASE BRING THIS PREP SHEET TO YOUR APPOINTMENT

Your doctor has scheduled you for the Restech LPR pH monitor on _____
at _____.

Your appointment to return the equipment and to have the tube removed is on
_____ at **10:00 am**.

**Location: The Endoscopy Center (located in the Providence building)
12800 Bothell-Everett Hwy, Suite 200, Everett, WA 98208**

Preparation:

1. **Do not eat or drink after midnight the night prior to the test.**
2. Medications (check all that apply)
 - Do not take Zantac, Tagamet, Pepcid, or Axid 3-7 days prior to test
 - Do not take Prilosec, Prevacid, Protonix, Aciphex, Nexium, Zegerid or Dexilant 10 days prior to test and all generics of these name brands.
 - Do not take antacids (Mylanta, Tums, Rolaids) on day of test.
3. Do not wear make-up or moisturizer.
4. Wear comfortable clothing.
5. You will not be sedated for this test so you will be able to drive yourself home.

Description of Test:

LPR pH Monitor - A pH monitor is used to evaluate the presence or absence of laryngopharyngeal reflux which can cause certain symptoms such as cough, throat clearing, hoarseness, etc. A thin tube is passed through your nose and placed just behind your soft palate and will be taped in place once it has been properly positioned. The tube will be attached to a small recording device and you will keep this device with you for the next 48 hours. During this time you should carefully record all of your symptoms, when you change position (laying down, standing, and sitting) and when you eat or drink. **You will return to the Endoscopy Center in 2 days to have the tube removed.** You should plan on being at the Endoscopy Center approximately 30-40 minutes. You will not be able to shower while you have the monitor in place.

Complications of the tests are quite rare. These include local irritation of the nose and also rarely aspiration of stomach contents into the lungs causing pneumonia.

If you have any questions about either of the above tests please call the Endoscopy Center at **(425) 248-4335** from 6:45 a.m. to 4:00 p.m.

If you need to cancel or change your appointment, please do so at least 24 hours prior to your scheduled time to avoid a late cancellation fee.