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## PREPARATION INSTRUCTIONS FOR

# AMBULATORY ph MONITORING

**Date of Procedure** \_\_\_\_\_

**Arrival Time** \_\_\_\_\_

**Procedure Time** \_\_\_\_\_

### PLACE

- MD Center for Digestive Health  
Bestgate Medical Clinic  
820 Bestgate Road, Suite 2A  
Annapolis, MD 21401
- AAMC (Anne Arundel Medical Center)

This procedure involves passing a soft tube, the size of spaghetti, through the nostril and into the esophagus. This tube is attached to a recording box that records the acidity in the esophagus for approximately 24 hours. In most cases, this is an easily tolerated procedure. You may feel a little pressure in your nostril and slight gagging as the tube is initially passed. This sensation subsides quickly. You are encouraged to go to work (the tube is visible), eat normal diet and foods that provoke your symptoms, and perform your normal activities during the procedure.

You return to the office the next day to remove the tube.

### PATIENT RESPONSIBILITY

IT IS YOUR RESPONSIBILITY TO CHECK WITH YOUR INSURANCE COMPANY REGARDING PRE-AUTHORIZATION AND ANY REFERRALS NECESSARY FOR THIS PROCEDURE. YOU WILL NEED TO PRESENT A CURRENT PHOTO ID, VALID INSURANCE CARD AND VALID REFERRAL, IF REQUIRED. YOU WILL BE EXPECTED TO PAY ANY COPAYMENTS, COINSURANCE, DEDUCTIBLES AND OUTSTANDING BALANCES AT THE TIME OF YOUR APPOINTMENT. IF YOU ARE NOT PREPARED TO PAY THE FEES DUE, YOUR APPOINTMENT MAY BE CANCELLED.

PLEASE LEAVE VALUABLES AT HOME OR WITH THE RESPONSIBLE TRANSPORTATION PROVIDER. PLEASE BRING YOUR EYEGLASSES, IF APPLICABLE, AS WELL AS SUFFICIENT CASH, CREDIT CARD OR CHECK FOR YOUR FINANCIAL RESPONSIBILITY.

IT WILL BE NECESSARY FOR YOUR TRANSPORTATION PROVIDER TO WAIT FOR YOU.

*Anne Arundel Gastroenterology Associates provides medical services regardless of race, color, age, national origin, sex, religion, or handicap. If you are hearing impaired or have a language barrier, please notify our office.*

# AMBULATORY ph MONITORING

## FOLLOW THESE INSTRUCTIONS

NOTHING BY MOUTH SIX (6) HOURS PRIOR TO PROCEDURE.

### **INSTRUCTIONS SEVEN DAYS PRIOR:**

Discontinue:

- Prevacid (lansoprazole)
- Prilosec (omeprazole)
- Aciphex (rabeprazole)
- Nexium (esomeprazole)
- Protonix (pantoprazole)
- Zegerid (omeprazole / sodium bicarbonate)

### **INSTRUCTIONS THREE DAYS PRIOR TO PROCEDURE:**

Discontinue:

- Over-the-counter and prescription medication such as:
- Axid (nizatidine)
- Zantac (ranitidine)
- Pepcid (famotidine)
- Tagamet (cimetidine)
- Reglan (metoclopramide)

### **INSTRUCTIONS MIDNIGHT PRIOR TO PROCEDURE:**

Discontinue antacids (Maalox, Tums, Mylanta, Gaviscon, Roloids), Carafate (sucralfate), and calcium supplements