

Children's Services

pH / impedance study

What is a pH study?

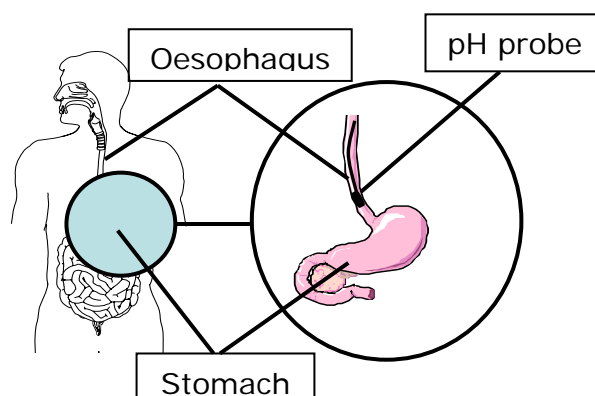
These tests measure gastro-oesophageal reflux (GOR). GOR is when acid comes up from the stomach into your oesophagus (food pipe - the tube that takes food from your mouth to your stomach). The test will be able to tell us if this is happening, how frequently and for how long each episode lasts. This test will help us decide on the right treatment for your child.

What is a pH probe?

It is a thin flexible plastic tube or probe, which is passed through the nose into the oesophagus. It is held in place with tape attached to your child's cheek. The other end of the probe is attached to the recording box, which is the size of a personal stereo and held in a small bag. The box will record the amount of acid in the oesophagus for 24 hours. This is later converted into a computer printout.

What is an impedance study?

This is similar to a pH study, but may be requested by your doctor to obtain more information regarding how far up the feeding tube any reflux may be travelling. The rest of the information in this leaflet applies to both studies.



Once you have received a date for your child come to hospital you will receive information regarding the ward you will be staying on and instructions regarding starving times prior to the procedure.

Medication (tablet/medicine)

Some medications may affect the results of the study as some medication alters the acid levels in the stomach. The following medication should be stopped:

Omeprazole ('Losec')	Seven days before study
Lansoprazole ('Zoton')	
Gaviscon	Two days before study
Peptac	Two days before study
Ranitidine ('Zantac')	Two days before study
Domperidone ('Motilium')	Two days before study

How is the probe inserted?

The probe may be passed while your child is awake on the ward or alternatively under general anaesthetic. The method of passing the probe will be discussed with you when the procedure is being planned.

When the probe is passed under general anaesthetic the doctor may also look at the lungs as part of a bronchoscopy with a flexible telescope. You will receive a separate information sheet regarding this. The procedure under anaesthetic takes about 45 minutes.

Occasionally the probe will be passed while your child is awake. The specialist nurse will pass the probe into your child's nose and down the back of the throat into their stomach. Passing the probe does not hurt but may be uncomfortable for a short period of time whilst the probe is being passed. It may make your child sneeze, cough, retch or tickle the back of their throat while it is passed.

Is the probe in the correct position?

Depending on how the probe has been placed, an x-ray may be required to ensure it is in the correct position. This is usually done whilst your child is in recovery.

What happens whilst the probe is in position?

The probe will be secured in position with tape to your child's cheek. If it becomes loose notify the nurse who will re-secure it.

During the 24 hours the probe is in place your child can eat, drink and move about normally. You may be asked to keep a diary of your child's eating, drinking and sleeping on a form provided.

If your child remains in hospital overnight they will be nursed after on a dedicated children's ward.

In some cases it may be possible for your child to go home overnight and return to the ward the following day for the probe to be removed. This will be discussed with you by your doctor.

What happens if the probe falls out?

If the probe falls out do not worry! If you are in hospital tell one of the nursing staff and they can arrange for it to be replaced **if appropriate**. If you are at home and the probe falls out, or comes partially out simply remove it by pulling it out of the nose gently. Return to the ward the next day as planned.

What happens when the monitoring is complete?

The tape is removed and the probe easily slips out. It only takes a few seconds and it may feel odd but not painful. Once the probe is out and all the investigations are complete, your child can go home. The doctor will discuss the results of the tests at your child’s next outpatient’s appointment.

If you require more information please contact:

Name:

Contact number:



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



Document history

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