

“My doctor says I need to be tested for reflux. What should I expect?”

What is a Reflux Study?

A Reflux Study is a diagnostic test to determine if you have Gastro-Esophageal Reflux Disease (GERD). GERD is a condition in which stomach contents, acidic and/or non-acidic, move upward into the esophagus. The esophagus is a muscular hollow tube that transports food from your mouth to your stomach.

Everyone has some reflux at various times. However, severe reflux may damage the lining of the esophagus and cause symptoms such as heartburn, regurgitation, chest pain, difficulty swallowing, hoarseness, cough or asthma.

This study will count the number of reflux episodes you have and the amount of time you are exposed to stomach contents or refluxate. The study will also correlate your symptoms to your reflux episodes. Your doctor will use these measurements to determine the best plan for you.

Preparing for the Study

To properly prepare for your reflux study and ensure accurate results, you may need to make changes to your daily routine. Your doctor or nurse will provide you with specific instructions. Please check with your doctor to ensure that you are not taking anything that may affect your study.

Study Information

The study involves having a small flexible tube gently inserted through the nose into the esophagus. You may feel a little pressure in your nose or a minor amount of throat irritation as the tube is passed. This sensation will subside once the tube is positioned. The tube will be secured at your nose and attached to a recording device. The tube will not interfere with your breathing, swallowing or eating.

Your doctor or nurse will give you specific instructions to guide your activities during the study period.

- Go about your normal activities, including your regular diet, work, recreation and sleep. If you know how to bring on your symptoms, you are encouraged to do so.



- Do not take a bath, shower or swim.
- You will be able to drive yourself home.
- You will be asked to return to the doctor's office at the end of the study.
- Your doctor will review your test results and discuss them with you at a later date.