

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an Upper GI Endoscopy with a pH Probe for you. Please review the information about your procedure to prepare for it. If you have questions about your procedure, appointment, or prep, please call Duke Gastroenterology (GI) at (919) 684-6437.

**What is an Upper Endoscopy (EGD)?** An upper endoscopy is a procedure that looks at your upper GI tract (esophagus, stomach, and duodenum). Your doctor will place a flexible tube into your mouth. The tube passes through your esophagus, stomach, and duodenum. Your provider may take biopsies during the EGD. You will receive IV sedation to help you sleep and stay comfortable during your procedure.

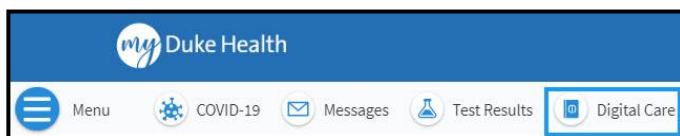
### What is a Wireless pH Probe Test?

The pH Probe test diagnoses acid reflux. This test measures the amount of stomach acid that moves into your swallowing tube (the esophagus). You will need to stop your acid reflux medicine for this procedure. During the EGD, your doctor will attach the Probe to your esophagus. The Probe is about the size of a vitamin. The Probe will record the acid level (pH) in the swallowing tube. The Probe sends the data to the recording device you will wear for two (2) to four (4) days. A few days after the test, the Probe will fall off. The Probe will pass in your bowel movement. The Probe is disposable and can be flushed down the toilet.

## Planning for Your Procedure

### TWO (2) WEEKS Before Your Procedure

- ☐ Log into your My Duke Health account and review your procedure prep information. Select the Digital Care button to review and print the information.
- ☐ Sign up for the Care Convoy® mobile health app. This app is designed specifically for Duke GI patients. It is a tool that will guide you through each step of your prep. You can access the app from Google Play or the Apple Store using the QR code below. You will also get an email invitation from Care Convoy® with download instructions. The app will support you through your prep and allow you to confirm your procedure appointment. Care Convoy will ensure you are well-prepared and at ease for your procedure.



Care Convoy QR Code

- ☐ Ask a family member or friend to drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- ☐ Review your procedure location (address), date, and arrival time.
- ☐ Plan to be in the GI department for your procedure for about four (4) hours.
- ☐ Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- ☐ Put your procedure instructions in a safe place, like on your refrigerator.
- ☐ If you have diabetes, contact your diabetes provider to ask if you need to adjust your medicine or insulin.
- ☐ If you take medicine that thins your blood, ask your provider if and how long you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).

## SEVEN (7) DAYS Before Your Procedure

- ☐ Review the special medicine information listed below before taking any acid-reducing medicine.
- ☐ **Stop taking proton pump inhibitors.**
- ☐ Stop taking iron pills and or any other supplement with iron.

## FIVE (5) DAYS Before Your Procedure

- ☐ Stop taking Fish Oil supplements.

## TWO (2) DAYS Before Your Procedure

- ☐ **Stop taking** the H2 blockers or pro-motility medicines

## ONE (1) DAY Before Your Procedure

- ☐ **Do not eat any food today.** You can drink clear fluids all day. See the list below.
- ☐ **Stop taking** all antacid medicines.

## The Day of Your Procedure

- ☐ **Do not eat any food today.**
- ☐ Follow your provider's instructions and take your medicines with water.
- ☐ STOP drinking all fluid **FOUR (4)** hours before your procedure.
- ☐ Do not wear perfume, cologne, lotion, or jewelry for your procedure. Leave all valuables at home.
- ☐ Your Nurse will provide you with Home Care Instructions after your procedure.

## **SPECIAL MEDICINE INSTRUCTIONS**

Before your procedure, you must follow these instructions to STOP your acid blocker and acid-neutralizing medicine.

Seven Days before your procedure <b>STOP taking these medicines</b>	Two Days before your procedure <b>STOP taking these medicines</b>	The night before your procedure <b>STOP taking these medicines</b>
omeprazole lansoprazole rabeprazole pantoprazole esomeprazole dexlansoprazole	ranitidine cimetidine famotidine nizatidine metoclopramide	TUMS Rolaids Alka-Seltzer Gaviscon Maalox Milk of Magnesia Mylanta Riopan

## **SPECIAL MEDICINE INSTRUCTIONS**

- Seven (7) days before your procedure, **stop taking** proton pump inhibitors. Medicines: omeprazole (Prilosec®), lansoprazole (Prevacid®), rabeprazole (Aciphex®), pantoprazole (Protonix®), esomeprazole (Nexium®), dexlansoprazole (Dexilant®)
- Seven (7) days before your procedure, **you can take** over-the-counter H2 blockers. This will help with your acid reflux symptoms. Medicines: Zantac® 300 mg twice daily or Pepcid® 40 mg twice daily
- Two days (48 hours) before your procedure, **stop taking** the H2 blockers or pro-motility medicines. Medicines: ranitidine (Zantac®), cimetidine (Tagamet®), famotidine (Pepcid®), nizatidine (Axid®), or metoclopramide (Reglan®).
- Two days (48 hours) before your procedure, **take only antacids**. Medicines: TUMS® or Rolaids® Alka-Seltzer®, Gaviscon®, Maalox®, Milk of Magnesia®, Mylanta®, Phillips®, Riopan®
- The night before your procedure, **stop taking** all antacids medicines.
- After your procedure:
  - **Do not** take any acid blocker or acid-neutralizing medicines for two days (48 hours)
  - Review your provider's specific procedure discharge instructions.

## **Clear Liquid (Fluid) Examples**

You can drink any of these fluids (liquids). **All fluid must be light in color and not red or purple.**

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream
- Jell-O® or other gelatin without fruit
- Boost® Breeze Tropical Juice drink

## **Prep Frequently Asked Questions (FAQs)**

If you have a **Pacemaker or Internal Defibrillator**, Bring your device information card to your anesthesia and procedure appointment. When you check in for your procedure, give the device card to your nurse.

**If you do not or cannot accept blood products in an emergency**, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

**I am a diabetic. Should I change my insulin or medicine during the clear liquid diet?**

Contact your diabetes provider to ask how to adjust your medicines or insulin for this procedure.

**Is alcohol, wine, or beer an acceptable clear liquid?** No, alcohol, wine, and beer are not clear liquids. Do not drink any alcohol the day before your procedure.

**What if I lose my prep information?** Log into My Duke Health, select Digital Care to review or print your instructions, or call Duke GI for help.

## Post Procedure Information

### **Please follow these instructions after your procedure**

#### **Wireless pH probe and monitoring information**

- Your test will last 48 hours or 96 hours. Your doctor will give you this information.
- You may feel like you have something stuck in your chest. This feeling will go away when the probe falls off. The probe should fall off in 5 to 10 days, but it may take up to 30 days.
- A small percentage of patients may experience severe chest pain after placement of the probe. You should contact your provider if this occurs.
- When the probe falls off, it will pass out of your body through a bowel movement. Do not be alarmed if you see the probe. It can be flushed down the toilet. The device turns off once disconnected from the recorder.

#### **How do I manage my monitoring equipment?**

- You **MUST** wear your recorder within 3 feet of your chest during testing. Please use the cord you were given.
- Do not put the recorder in your coat pocket or purse or set the recorder down.
- You may take a bath or shower during the test. Place the recorder in a Ziploc bag and put it in a safe, dry place near your shower or bath. **DO NOT GET THE RECORDER WET!**
- If the recorder beeps, it is out of range of the probe, and the # 1 on the screen will disappear. If this happens, hold the recorder against your chest for 30 seconds. The recorder will recapture the signal and stop the beeping.
- The probe and recorder talk to each other through Bluetooth technology. Please **turn off** your Bluetooth connections on mobile phones, smart devices, cars, and TVs. These devices may interfere with your test.
- **DO NOT** have an MRI in the next 30 days.

#### **How do I use my recorder to document my activity and symptoms?**

- Press the fork and knife button when you start and stop eating a MEAL. A light will flash when the recorder is recording the event.
- Press the bed button when you LIE DOWN and press the bed button again when you wake up or get up.
- Press the button symbol for the symptom you are having listed on the key below.
- A green light will flash, and you will hear a beep sound when your symptom is recorded.
- Your doctor may ask you to complete a diary.
- This recorder has a "SLEEP MODE." If this happens, press the symptom button twice to wake up the box and a second time to record your symptoms.

#### **What can I eat during my test?**

- Continue your usual diet and lifestyle during the entire study.
- You should only drink water during your study. Avoid drinking wine and alcohol, soda, coffee, juices, or any other acidic beverages. These beverages can raise the acid levels in your swallowing tube.
- Avoid taking constant sips of any beverage. If you drink anything for an extended period of time, mark it as a meal.
- To prevent knocking the probe off, take smaller bites of your food than usual and chew your food well.