

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an EGD with a pH probe for you. Please review the information about your procedure to help you prepare. 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.

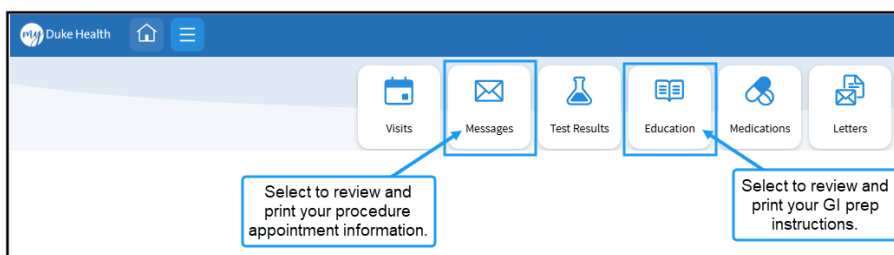
What is a Wireless pH Probe Test?

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.

Important: **If you are currently taking weight-loss medication, please call Duke GI at 919-684-6437 to speak with a nurse about your procedure prep instructions. **

Planning for Your Procedure – At least TWO (2) WEEKS Before Your Procedure

- Please plan to keep the entire day open for your procedure, as your arrival time may be updated. If your arrival time is changed, we will call you. The call may come from an unknown number.
- Log in to your My Duke Health account to review your procedure appointment and preparation details.
- Select the *Messages* icon to review and print your appointment letter. This letter includes your procedure location, date, and arrival time.
- Select the *Education* icon to review and print your GI procedure preparation instructions.
- Put your appointment letter and procedure prep instructions in a safe place, like on your refrigerator. Review the information on confirming your procedure.
- 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.
- For their safety, children are not allowed in the procedure area. Please make childcare arrangements.
- Plan to be in the GI department for about 2 to 4 hours, depending on your scheduled procedure.
- Since you will receive IV sedation for your procedure, you cannot drive or work for the rest of the day.
- 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).



Use this QR code to watch a video about the reflux testing procedure.

Confirmation Process: Confirm your appointment date and time at least two (2) weeks before your procedure.

You can only confirm in any one of the following ways:

- My Duke Health account: Log into your account 14 days before your procedure and follow the steps to confirm your procedure.
- Care Convoy app: Download the app, log in, and select “Confirm Procedure.”
- Through the GI team: Reply to the message from the GI team in your My Duke Health account or answer/return our phone call to confirm your procedure.
- Important: If you do not confirm your procedure, it will be canceled.



GI Procedure Support

- Duke GI offers patients free access to the Care Convoy® mobile health app. This app was created for Duke GI patients to support you through your GI procedure.
- Care Convoy® provides step-by-step guidance for your preparation. It helps you understand what to do and when. You can also confirm your procedure appointment in the app.
- Download the app from Google Play or the Apple App Store by using this QR code. You may also receive an email from Care Convoy® with instructions on how to download and use the app.



Shopping List - Prep Items

- ☐ Assorted clear liquids to drink the day before and the day of your procedure.
- ☐ Review the clear fluid list below. ****Do not buy Red or Purple fluids. ****



TWO Weeks (14 Days) Before Your Procedure

- ☐ If you feel sick, including having a cough or fever, or if you have recently tested positive for COVID-19, Flu, or RSV, please contact Duke GI to reschedule your procedure.
- ☐ Confirm your endoscopy procedure date, time, and location.

SEVEN (7) DAYS Before Your Procedure

- ☐ Review the special medicine information listed below before taking any acid-reducing medicine.
- ☐ **Stop taking proton pump inhibitors (PPIs).**
- ☐ 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

- ☐ Eat your regular diet today. Stop eating all food at 12:00 am (midnight). You can drink clear fluids; see the list below.
- ☐ **Stop taking** all antacid medicines.
- ☐ Stop using any chewing tobacco until after your procedure tomorrow.

The Day of Your Procedure



- ☐ Do not eat any food. Drink only clear fluids.
- ☐ Do not chew anything, including mints, candy, or gum.
- ☐ Follow your provider's instructions and take your medicines with a sip of water.
- ☐ **FOUR (4) hours before your procedure time, STOP drinking all liquids.**
- ☐ Do not use any tobacco or tobacco products, including smokeless tobacco, cigars, pipes, e-cigarettes, or vapes.
- ☐ Do not apply any lotions, perfume, make-up, or hair products.
- ☐ Do not wear contact lenses.
- ☐ Do not wear any jewelry. Leave all valuables at home.
- ☐ Remove ALL facial and body piercings and jewelry before arriving for your procedure. Any piercings or jewelry that cannot be removed after arrival may result in the cancellation of your procedure.
- ☐ Bring a government-issued ID and your insurance card(s), and any required co-payment.
- ☐ 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 STOP taking these medicines	Two Days before your procedure STOP taking these medicines	The night before your procedure STOP taking these medicines
Omeprazole Lansoprazole Rabeprazole Pantoprazole Esomeprazole Dexlansoprazole	Ranitidine Cimetidine Famotidine Nizatidine Metoclopramide	TUMS Roloids Alka-Seltzer Gaviscon Maalox Milk of Magnesia Mylanta Riopan

- 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 antacid 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 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 in to your My Duke Health account to review your procedure appointment and preparation details. Click on the *Messages* icon to view and print your appointment letter. This letter includes your procedure location, date, and arrival time. Click on the *Education* icon to view and print your GI procedure preparation instructions.

Post-Procedure Information: Please follow these instructions after your procedure

Use this QR code to watch an educational video about your reflux test.



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 have listed on the key below.
- A green light will flash, and you will hear a beep 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 the box, then 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, mark it as a meal.
- To prevent knocking the probe off, take smaller bites of your food than usual and chew your food well.