



Esophageal 24-hour pH Reflux Monitoring

Esophageal 24-hour pH/impedance reflux monitoring measures the amount of reflux (acidic) in your esophagus and throat during a 24-hour period, and assesses whether your symptoms are correlated with the reflux.

Why the esophageal 24-hour pH reflux monitoring test performed?

Esophageal reflux monitoring is performed in order to determine whether reflux of stomach contents into the esophagus is causing symptoms such as heartburn, regurgitation, cough or sore throat.

What to expect from a 24-hour pH Impedance study?

This test will involve the placement of a catheter (about the size and flexibility of a smartphone power cord) through your nasal passage, and then swallowed into your esophagus with drinks of water. The other end of the catheter will be taped to your cheek, wrapped over your ear, and attached to a small data recorder that you will wear at waist level, held by a strap over your shoulder. You will be able to swallow, talk, and breathe without any difficulty during the test.

Placement of the catheter will take about 10 minutes, but if your doctor also ordered an esophageal manometry, your appointment will take longer. The catheter stays in your nose for a period of 24 hours.

Your doctor is able to evaluate whether you have gastroesophageal reflux disorder (GERD) and/or Laryngopharyngeal Reflux (LPR), the severity of your reflux, and the correlation between your reflux and the symptoms of reflux. This procedure helps your doctors design a course of treatment.

What are the potential complications with the esophageal 24-hour pH reflux monitoring test?

Esophageal reflux monitoring is very safe. You will likely feel some discomfort in the nose and throat, but this is temporary and mild. Rarely, there could be a nose bleed as a result of the procedure. Extremely rarely, there could be a tear in the wall of the esophagus, throat or lung.