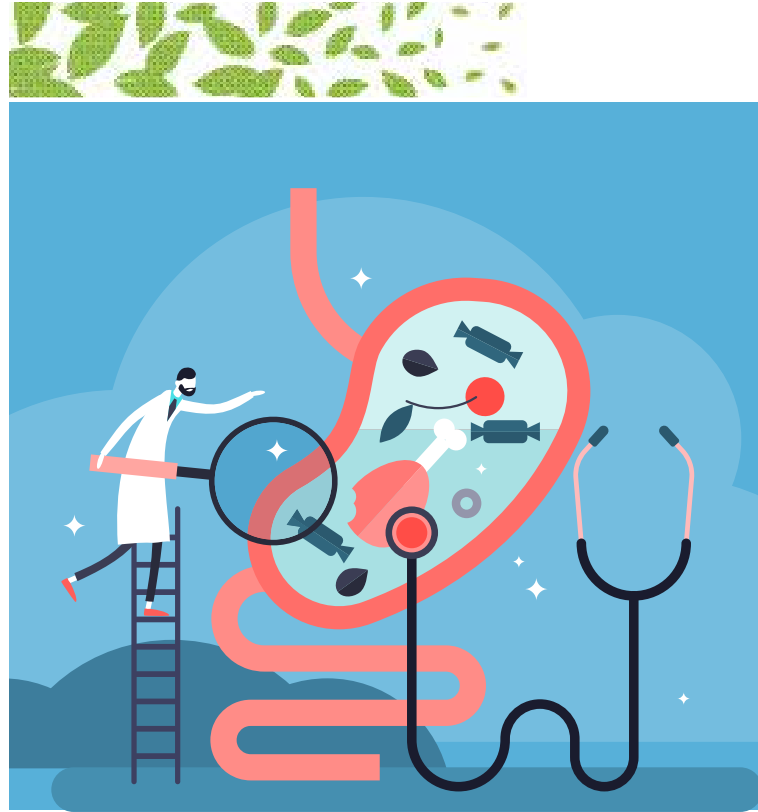


# Instruction for 24 Hour PH Monitoring

Document the event in the diary:

Time	Dairy event



# Instruction for 24 Hour PH Monitoring

## Instruction for 24 Hour PH Monitoring

- Don't shower or take a tub bath. The recorder/probe must not get wet.
- No gum, peanut butter or hard candy during this test.
- Whenever you eat you must record it. When you finish eating you must record it.
- Continue your normal activity. Work, exercise and eat.
- Try to do activities that will reproduce your symptoms.
- Unless it is your normal habit to nap or recline during the day, we ask you not to do so on the day of your test.
- At night try to not sleep in a reclining position. Sleep as flat as possible; it doesn't matter if you sleep on your side or back.
- Record your symptoms as you experience them by pressing the appropriate symptom button on the monitor.
- The diary bottom part may be used to record more than one symptom. You will need to write the symptoms of this key on your diary page.
- Keep the recorder on your body at all the times. You can put it under your pillow when you sleep. Record your body position by using the upright button when you are upright and down button when you are lying down.
- You may or may not be off your acid suppressant medication for this test. Your doctor will determine this. If you are on your medications, take them as you normally would. If you are off your medications, don't take them or use any antacids or tums. Take all of your other medications as you normally would.

## Press the event button once to indicate when your symptoms occur

- Press the button when you experience .....
- Press the button when you experience .....
- Press the button when you experience .....
- Press the button when you start a meal, snack or drink (other than water).
- Press the button when you finish a meal, snack or drink.
- Press the button when you lie down.
- Press the button when you get up.
- Press the button to record .....  
or if you experience a different symptoms or unusual event other than the 1, 2, or 3 events.

