

East River Gastroenterology & Nutrition  
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### **24-HR pH-MII TEST INSTRUCTIONS**

You have an appointment for a 24-hour pH-MII test with Dr. Goldstein on \_\_\_\_\_ at \_\_\_\_\_.

This test is used to study the amount of acid reflux in a twenty-four hour period. A very small tube will be placed into your esophagus through your nose for twenty-four hours and attached to a computer, which you will carry on a belt. You will need to return to the office the next day to have the probe removed.

Most people find that they no longer notice the device after the first hour or so, and are able to go about a completely normal day. In fact, the more normal a day you have, the more accurate the results of the test will be.

Some people will be asked to stop their anti-acid medications (eg: Nexium, Aciphex, Protonix, Pepcid, etc) for five days before the test, but not everyone. Please call the office to discuss this at least one week before your study so that the proper test can be performed. You will be able to take Maalox, Mylanta, or PeptoBismol until the night before the test even if you are asked to stop these other medications.

- The test will be performed **off** therapy. Please stop your anti-acid medications.
  
- The test will be performed **on** therapy. Take your regular anti-acid medications, even on the morning of the test.
  
- Your referring physician will decide if you should take your anti-acid medications for the test. Please check with his/her office.

Do not eat or drink anything for four hours before the test. You can and should take all of your regular medications on the day of the test except the antacids, as described above.

If you need to cancel or reschedule the procedure, please call the office at (212) 535-4500.

Please ensure that Dr. Goldstein's office has any necessary referrals from your primary care doctor or the test may be cancelled.