

## **Advice following a pH or Impedance Study**

This leaflet gives information to parents / carers whose child is having a pH study.

### **What is a pH study?**

This study is used to measure gastro-oesophageal reflux. Gastro-oesophageal reflux can be defined as the effortless regurgitation of stomach contents into the oesophagus (food pipe). The study will record the frequency and length of episodes. These results can assist the doctors in deciding on the right treatment for your child.

A probe is passed through the nose into the oesophagus and taped to the cheek to secure. A recording device is attached to record the amount of acid and fluid in the oesophagus for 24 hours. This information can be downloaded and a report created for your doctor.

In some cases it is possible for your child to go home overnight and return the next day for the removal of the probe. This will be discussed with you by your doctor.

Some medication can affect the results of the study. Your doctor will give you instructions regarding the stopping of certain medications in preparation for the study.

### **How is the probe inserted?**

The probe can be passed while your child is awake on the ward or under a general anaesthetic. The passing of the probe whilst awake may be uncomfortable for a short period, once passed this discomfort should pass. It may make your child sneeze, cough, retch or tickle the back of their throat while it is passed. On some occasions it may take more than one attempt to insert the probe.

The probe position may be confirmed by x-ray once secured.

### **What happens during the test?**

Once the recording begins your child can eat, drink and move about as normal. You will be given a form to complete. This will record activities such as feeding, vomiting, coughing, crying, sleeping and positions. This information can then be used to provide more detail in your final report.

### **What happens if the probe falls out?**

If you are in hospital inform the nursing staff as soon as possible and they can discuss a plan with your doctor. If it comes out at home or is partially removed it can simply be removed by gently pulling it out of the nose. Return to the ward as planned the next day.

### **What happens when the monitoring is complete?**

The tape on the cheek is loosened and the probe can be slipped out of the nose. It may feel strange but is not painful. Once the probe is removed and the doctors are happy your child can go home. The doctor will discuss the results of the tests at your next outpatient's appointment

If you have any queries prior to the procedures outlined, and its implications to your child please contact:

**Buxton Ward on 01603 286321 or Children's Day Ward 01603 287170**

