



# Digestive Health Center

## PH-IMPEDANCE INSTRUCTIONS

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Physician: \_\_\_\_\_

\*\*Plan to spend 1 hour in the GI Lab

- Location
- 259 E Erie St, **Lavin** Pavilion,  
16<sup>th</sup> floor, Chicago, IL
  - 675 N Saint Clair St, **Galter** Pavilion,  
4<sup>th</sup> floor, Chicago, IL

### **Insurance Codes:**

Procedure Code (CPT): 91038

Diagnosis Code (ICD 10): \_\_\_\_\_

### **Welcome**

Northwestern Medicine Memorial Hospital strives for your experience with Endoscopy Services and the hospital to be excellent. Your safety and comfort are our primary concern and we want your stay to be an exceptional experience.

### **Appointment Information**

You will receive an arrival time for your test. Please be aware that your test may be delayed due to unforeseen circumstances.

**Please keep your original appointment. If you need to re-schedule your procedure, you MUST give at least a 7-day notice.**

#### **Return:**

Please return to the clinic by \_\_\_\_\_ to remove the equipment.

**For scheduling related matters, please call: 312.695.5620**

**For clinical concerns/questions, please call: 312.695.5620**

## **Transportation and Parking**

Parking for the Lavin location is available within the Lavin building located at 259 E. Erie Street, which is accessible from both Erie and Ontario streets. Bring your parking ticket to the GI lab for validation to receive a discount on your parking deck fee. Valet parking is available.

Parking for the Galter Pavilion is located at 222 E. Huron Street. Use second floor bridge to access Galter Pavilion.

If you are having another procedure the same day that requires sedation, please review the additional instructions for that procedure.

For more information on our parking garage locations, parking deck fees, and a map, please visit [www.nm.org](http://www.nm.org).

## About your test

The purpose of this test is to analyze the amount of acid exposure that comes into your esophagus during a 24-hour period. To do this, a small catheter with two pH sensors is placed into your esophagus. The primary benefit of the pH study is that your physician is able to document the level and length of time the esophagus is exposed to stomach acid.

<u>Timeline</u>	<u>Procedure Preparation</u>
<b>3 DAYS BEFORE THE PROCEDURE</b>	<ul style="list-style-type: none"> <li>➤ Please contact your insurance company to verify coverage and if you will have any out of pocket costs, or precertification requirements. Please see the insurance/billing handout for more information on billing, coding, and potential out-of-pocket costs.</li> </ul>
<b>THE DAY BEFORE THE PROCEDURE</b>	<ul style="list-style-type: none"> <li>➤ If you develop any moderate to severe cold symptoms (cough, sore throat, runny nose, etc.), a fever, new cut or wounds, or experience any other changes in your health before your procedure, please contact your physician’s office.</li> </ul> <p><b><u>Diet Instructions:</u></b></p> <ul style="list-style-type: none"> <li>➤ Do not eat anything including gum, mints, tobacco, cough drops, or smoke any substance (i.e. tobacco, vape, marijuana) after midnight.</li> <li>➤ After midnight, you may have plain water, black coffee/tea (no milk or creamer may be added, however, sugar and artificial sweeteners are permitted), apple juice, or Gatorade up to 2 hours prior to your scheduled arrival time. All other beverages/drinks are to be avoided after midnight.</li> </ul>
<b>THE DAY OF YOUR PROCEDURE</b>	<ul style="list-style-type: none"> <li>➤ Call your testing center if you cannot arrive at your scheduled time at 312.926.2425.</li> <li>➤ Bring a photo ID and insurance card.</li> <li>➤ Wear loose-fitting, comfortable clothes.</li> </ul>

## PH-IMPEDANCE PREPARATION GUIDELINES

### GENERAL

- Consult with your physician on whether you should stop taking any of your GI/acid reducing medications. This study can either be performed on or off PPI (acid suppressors).
- **During the pH-Impedance Test**
  - The pH study takes approximately 1 minute to insert the pH tube, 15 minutes for patient instructions, and 24 hours to complete the study. The GI Lab technician will explain the test and ask you several questions related to the GI symptoms you are having. A thin, soft tube called a pH catheter is gently placed through the nose, beyond the throat, down the esophagus, and into the stomach. One pH sensor goes in the stomach and the other rests 5 centimeters above the lower esophageal sphincter (LES). Once the catheter is in place, the technician will tape the catheter to your nose and around your ear to keep it secure.

- Once the study is started the catheter will be connected to a recording device. To avoid getting the equipment wet, you will not be able to shower over the next 24 hours. In addition, you will be responsible for keeping a diary of when you are eating, laying down, and having symptoms. You will return to the GI lab to have the catheter removed 24 hours later.
- **After the pH-Impedance Test**
  - When you have finished this test, you may resume normal activities and medications.
  - Your results will be available within 7-10 business days after your procedure. If you do not receive your results via telephone or MyChart within 7-10 business days, please call your doctor’s office.

**MEDICATIONS**

- You may take your other normal medications up until 2 hours prior to arrival time.

**CONTACT INFORMATION**

*Please review this document and the FAQ section before calling our office with questions as your question may be answered from within this document.*

<b>Clinic</b> .....	312.695.5620
<b>Procedure Scheduling</b> .....	312.695.5620
<b>Pre-Certification</b> .....	312.926.4645
<b>Billing</b> .....	844.669.2455
<b>Financial counseling/price estimates</b> .....	312.926.6906
<b>Hospital</b> .....	312.926.9000
<b>Medical Records</b> .....	312.926.3376
<b>Digestive Health Fax</b> .....	312.695.7095
<a href="http://dhc.nm.org">dhc.nm.org</a>	