

PH-IMPEDANCE INSTRUCTIONS

Appointment Date: _____ Time: _____

Location: Location: 259 E. Erie St, Lavin Pavilion, 16th floor

To schedule, cancel, or reschedule this test, please call: 312.695.5620

About the pH-Impedance 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.

Insurance

To avoid any unforeseen charges, please verify benefits, coverage and preferred location(s)/providers for this procedure with your insurance company. Procedure and diagnosis codes can be found below.

Procedure (CPT) Code: 91038 Diagnosis (ICD-10) Code: _____

Our department will assist on obtaining pre-certification/prior-authorization if your insurance requires. Please call your insurance company three days prior to your procedure to verify that you have received authorization. If your procedure has not been approved, please call our pre-certification department at 312.926.3041.

Preparation:

- **If your test is scheduled in the morning, you must not eat or drink anything after midnight the night before the test.**
- **If your test is scheduled in the afternoon, do not eat or drink anything six hours before your test.**
- 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 study:

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 five 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.
- If you do not receive results via telephone or MyChart within 7–10 business days, please call your doctor's office.