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## What is a pH and impedance probe?

The probe is a soft, thin, flexible tube that goes through your child's nose and down into the stomach. It is connected to a small recorder (radio-sized box) that measures reflux. Reflux is the backward flow of stomach contents into the esophagus (food tube). It takes 24 hours to complete the test.

- The pH probe measures the amount of acid reflux.
- Impedance measures the amount of both acid and non-acid reflux.

## What do I do before the test?

Do not give your child anything to eat or drink for 3 hours before the test. If your child eats or drinks before the test, it may be cancelled. Please ask your child's doctor if you need to stop any medicines your child takes for reflux before the test.

## What will the test be like?

1. A nurse will place a soft, thin tube through your child's nose and into the esophagus. The nurse will then tape the tube in place on your child's face.
2. Your child will get a chest X-ray to check placement of the probe.
3. You may have to make some changes in what or how your child eats during the test. The nurse will give you instructions for your child's diet and activities.
4. You will need to keep a diary of your child's eating times, sleep times, and events such as vomiting (throwing up) and coughing. The diary helps the gastroenterologist (a doctor who cares for the stomach and intestines) read the results.
5. The tube will be removed after 24 hours.
6. You will be advised how and when to return the monitor and diary.

## How can I help my child during the test?

Children often follow the example of their parents. You can help your child feel more at ease by being relaxed and upbeat.

## What happens after the test?

Your child may have a sore throat and runny nose at first. This is common and should clear up within a day.

## When do I get the results?

A gastroenterologist (a doctor who cares for the stomach and intestines) will read the results of the test. This may take several days. You may call the doctor who ordered your child's test to get the results and treatment plan for your child.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# **pH and impedance probe, continued**

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## **Who should I call if I have questions about the pH probe?**

You can ask any questions on the day of the test, or you may call your child's doctor before the test.

Call your child's doctor after the test if:

- Your child's sore throat or runny nose lasts longer than a day.
- Your child has a fever of 100.4°F (38°C) or higher or as advised by your child's doctor.
- You have questions or concerns about how your child looks or feels.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**